

# GREEN TAG 7<sup>TH</sup> KUP



# GOING FOR 6<sup>TH</sup> KUP - GREEN BELT

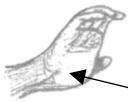


## PATTERN - POOMSAE

TAEGEUK 2 (YEE JANG), 1 (IL JANG)

### BASICS

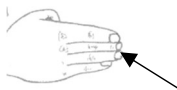
1. KNIFE HAND LOW BLOCK, KNIFE HAND HIGH BLOCK (SAME ARM) (BACK STANCE).
2. KNIFE HAND MIDDLE BLOCK (BACK STANCE) MIDDLE SECTION PUNCH (LONG STANCE)
3. PALM HEEL MIDDLE BLOCK - OUTSIDE TO INSIDE (LONG STANCE)



Blocking Area



4. FINGERTIP STRIKE (LONG STANCE)



Striking area

5. ELBOW STRIKE (MOVING IN HORSE RIDING STANCE)



6. TURNING KICK, CRESCENT KICK (FIGHTING STANCE)

7. FRONT KICK, TURNING KICK, DOUBLE PUNCH (LONG STANCE)

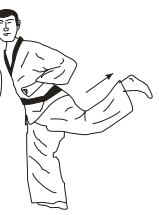
8. TWIN GUARDING BLOCK MIDDLE SECTION (BACK STANCE)



9. SIDE KICK (FIGHTING STANCE)



10. BACK KICK (FIGHTING STANCE)



### PADDLE KICKING

MOVING FORWARD AND BACKWARDS DEMONSTRATING MORE ADVANCED KICKING ACCURACY AND STANCE MOVEMENT

- SWITCHING
- STEPPING
- SLIPPING

### SPARRING

- 1 FOR 1 KICKING
- 1 STEP SPARRING
- SEMI FREE SPARRING
- FREE SPARRING (NO CONTACT)