

RED BELT 2ND KUP



GOING FOR 1ST KUP - BLACK TAG



PATTERNS - POOMSAE

STARTING WITH TAEGEUK 7 (CHIL JANG), WORK ALL THE WAY DOWN TO TAEGEUK 1 (IL JANG)

BASICS

MOVING FROM ONE CORNER OF THE DOJANG, TO THE OTHER CORNER DEMONSTRATE THE RANGE OF BLOCKS, STRIKES AND KICKS. THIS MUST INCLUDE A VARIETY OF STANCES & MOVEMENT

SPARRING

- 1 FOR 1 KICKING
- 1 STEP SPARRING - INCLUDE 5 LEG TECHNIQUES WITH TENSION
- SEMI FREE SPARRING
- FREE SPARRING (NO CONTACT)
- WTF FREE SPARRING - WTF COMPETITION RULES (CONTROLLED CONTACT, WEARING WTF APPROVED TRUNK PROTECTOR)
- 2 ONTO 1 SPARRING

SELF DEFENCE - DISPLAY A RANGE OF MORE ADVANCED WRIST LOCKS, USING PRESSURE POINTS & RESTRAINING TECHNIQUES FROM

- COLLAR GRAB
- WRIST GRAB
- BEAR HUG

POWER TEST:

(OVER 18 YEARS OLD ONLY): SPECIAL TECHNIQUE OF OWN CHOICE