

## RED TAG 3<sup>RD</sup> KUP





## GOING FOR 2<sup>ND</sup> KUP - RED BELT



### PATTERNS - POOMSAE

TAEGEUK 6 (YUK JANG) TAEGEUK 5 (OH JANG) 4 (SAH JANG) 3 (SAM JANG) 2 (YEE JANG), 1 (IL JANG)

### BASICS

1. LOW BLOCK, MIDDLE BLOCK - SAME TIME (BACK STANCE)
2. HIGH BLOCK, PALM HEEL STRIKE - SAME TIME (LONG STANCE)
3. UPPERCUT PUNCH & GRAB WITH THE OTHER HAND, PULL TO SHOULDER SIMULTANEOUSLY (LONG STANCE).  

4. SLIPPING SIDE KICK (HORSE STANCE)
5. LOW BLOCK - HIGH BLOCK (DIAMOND SHAPED LONG STANCE)  

6. FRONT KICK, TURNING KICK, SIDE KICK ON THE SPOT (FIGHTING STANCE)
7. HIGH SECTION 'X' BLOCK LONG STANCE
8. LOW/HIGH BLOCK (CRANE), SIDE KICK (EXECUTED SLOWLY TO ABOUT 5 SECONDS)
9. MIDDLE SECTION PALM HEEL BLOCK (CAT STANCE), REVERSE TURNING KICK (FIGHTING STANCE)
10. SCISSOR FRONT KICK (FIGHTING STANCE)
11. PUSH KICK, TWIST KICK, ELBOW STRIKE (LONG STANCE)
12. TURNING KICK, SPINNING TURNING KICK
13. RUNNING JUMP KICK
14. STANDING JUMP KICK
15. JUMP REVERSE OR BACK KICK OF OWN CHOICE

### 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 BODY ARMOUR)

### SELF DEFENCE - DISPLAY A RANGE OF BASIC WRIST LOCKS & RESTRAINING TECHNIQUES FROM

- COLLAR GRAB
- WRIST GRAB
- BEAR HUG
- BASIC KNIFE DEFENCE

POWER TEST: (OVER 18 YEARS OLD ONLY):

KICK OF OWN CHOICE