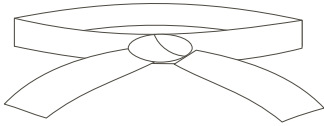
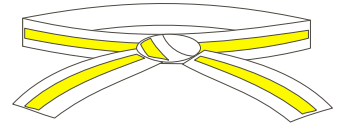


WHITE BELT 10TH KUP



GOING FOR 9TH KUP - YELLOW TAG

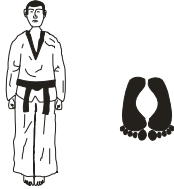


PATTERN - POOMSAE

NONE

BASICS

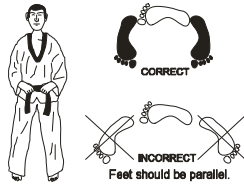
1. ATTENTION (CHARYEOT)



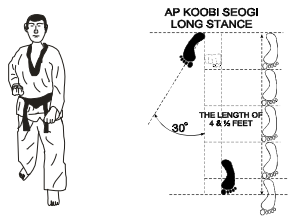
2. BOW (KYEONG-RE)



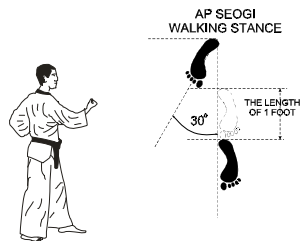
3. READY (CHUMBI)



LOW BLOCK (LONG STANCE)



4. MIDDLE BLOCK OUT TO IN (WALKING STANCE)



PADDLE KICKING
DEMONSTRATION OF
BASIC KICKING ACCURACY

SPARRING

1 FOR 1 KICKING

FREE SPARRING (NO CONTACT)

5. HIGH BLOCK, (WALKING STANCE)



6. ELBOW STRIKE (LONG STANCE)



7. PUNCH (LONG STANCE)



8. FRONT KICK, (FIGHTING STANCE)



9. TURNING KICK, (FIGHTING STANCE)

