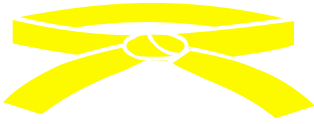


# YELLOW BELT 8<sup>TH</sup> KUP



# GOING FOR 7<sup>TH</sup> KUP - GREEN TAG



## PATTERN - POOMSAE TAEGEUK 1 (IL JANG)

### BASICS

1. KNIFE HAND LOW BLOCK (LONG STANCE)

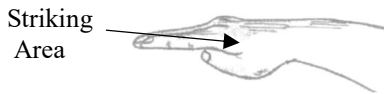
2. KNIFE HAND HIGH BLOCK (BACK STANCE).



3. KNIFE HAND MIDDLE BLOCK (BACK STANCE).



4. RIDGE HAND STRIKE (LONG STANCE)



5. KNIFE HAND STRIKE - INSIDE TO OUTSIDE (BACK STANCE)



6. BACK FIST - FORWARD STRIKE (BACK STANCE)

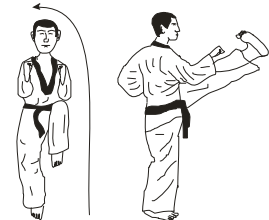


7. TURNING KICK - PALM HEEL STRIKE (LONG STANCE)

8. FRONT KICK, DOUBLE PUNCH (LONG STANCE)

9. FRONT KICK, AXE KICK (FIGHTING STANCE)

10. CRESCENT KICK (FIGHTING STANCE)



### PADDLE KICKING

DEMONSTRATION OF 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)