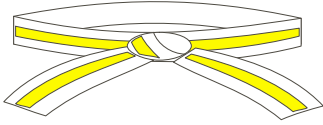


YELLOW TAG 9TH KUP



GOING FOR 8TH KUP - YELLOW BELT



PATTERN - POOMSAE

NONE

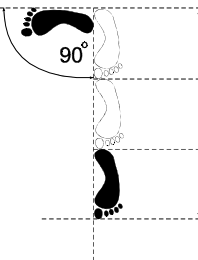
BASICS

1. LOW BLOCK, PUNCH (LONG STANCE)

2. MIDDLE BLOCK - THUMB SIDE (BACK STANCE)



DWIT KOOBI SEOGI
BACK STANCE



3. MIDDLE BLOCK - SMALL FINGER SIDE OF THE WRIST (BACK STANCE)



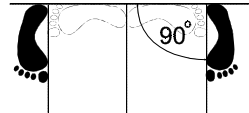
4. KNIFE HAND STRIKE - OUTSIDE TO INSIDE (WALKING STANCE)



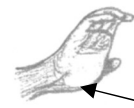
5. DOUBLE PUNCH (HORSE STANCE)



JOOCHOOM SEOGI
RIDING STANCE



6. PALM HEEL
7. STRIKE (LONG STANCE)



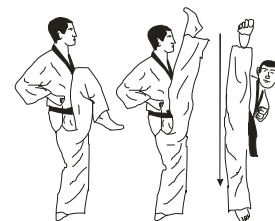
Striking Area

8. FRONT KICK, ELBOW STRIKE (LONG STANCE)

9. FIGHTING STANCE - SWITCH ON THE SPOT

10. FRONT KICK, TURNING KICK.

11. AXE KICK



PADDLE KICKING

DEMONSTRATION OF BASIC KICKING ACCURACY AND STANCE MOVEMENT

- SWITCHING
- STEPPING
- SLIPPING

SPARRING

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