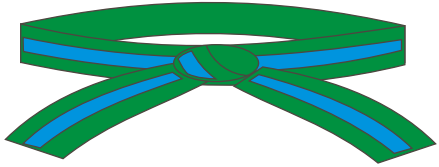


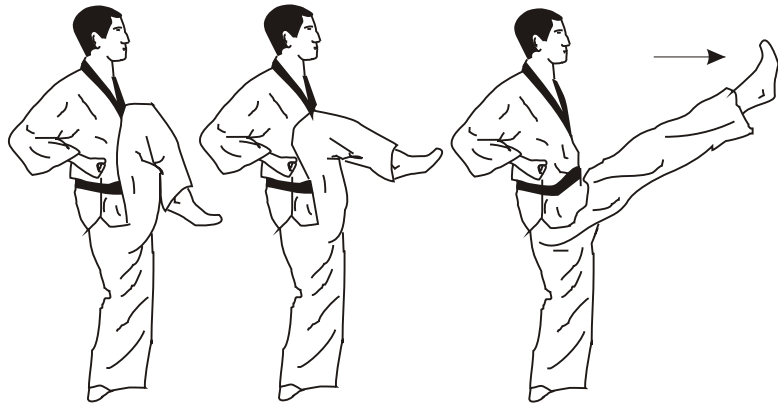
# Blue Tag (5th Kup)



1. Low Block (Long Stance)  
Hammer Fist Strike (Left/Right Stance)

2. Front Kick, Back Kick (Fighting Stance)

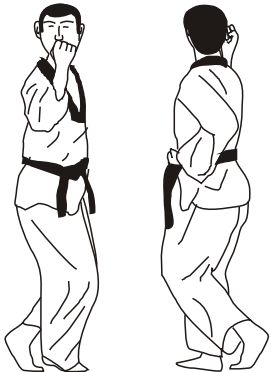
4. Push Kick (Fighting Stance)



5. Hook Kick (Fighting Stance)

## Basics required

7. Back Fist in X Stance,  
step back into Fighting Stance

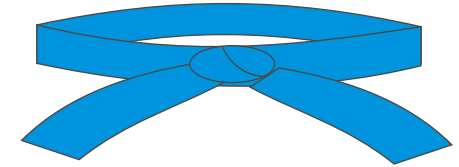


8. Side Kick, Back Kick, Push Kick

9. Outer to Inner Crescent Kick  
Followed by  
Inner to Outer Crescent Kick with other leg

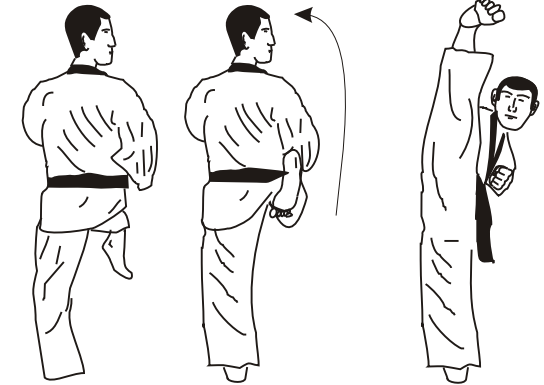
10. Slipping Turning Kick,  
Switch stance,  
Slipping Turning Kick with other leg

# Going for Blue Belt (4th Kup)



3. Backward Side Kick (Fighting Stance)

6. Reverse Hook Kick (Fighting Stance)



## Paddle Kicking

Freestyle kicking accuracy  
and stance movement including

- Switching
- Stepping
- Slipping
- Side Stepping
- Spinning

## Sparring

1 for 1 kicking - 1 Step Sparring - Semi Free Sparring - Free Sparring (No contact)