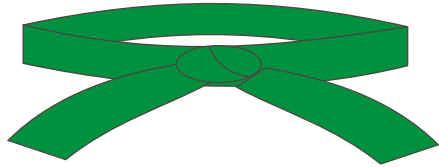


# Green Belt (6th Kup)



5. Finger Tip Strike  
Palm Heel Block  
in Long Stance

1. Twin Guarding  
Low Block,  
(Back Stance)

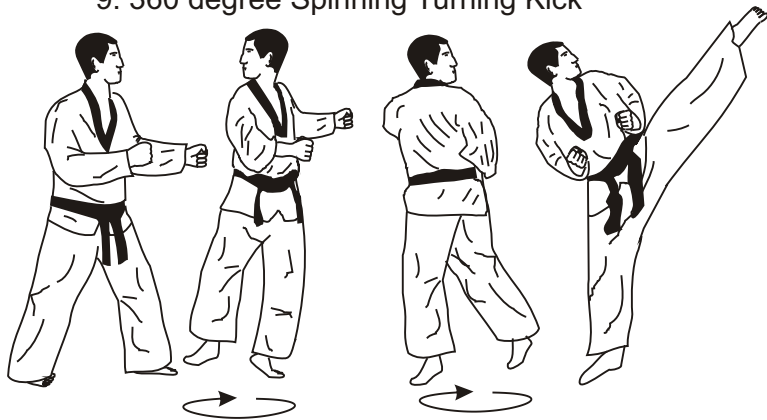


6. Back Fist Forward Strike in Long Stance

7. Fighting stance switch on the spot, Turning Kick

8. Side Kick, Back Kick

9. 360 degree Spinning Turning Kick



## Sparring

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

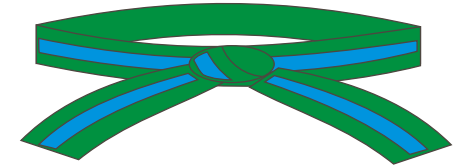
## Pattern - Poomsae required Taegeuk 1,2 & 3

2. Knife Hand  
High Block  
at the same  
time Knife Hand  
Strike  
(Long Stance)



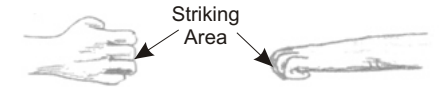
## Basics required

# Going for blue Tag (5th Kup)



3. Hammer Fist  
Strike in  
Left & Right Stance

4. Flat Fist Strike in Back Stance



## Paddle Kicking

Freestyle kicking accuracy  
and stance movement including

- Switching
- Stepping
- Slipping
- Side Stepping
- Spinning