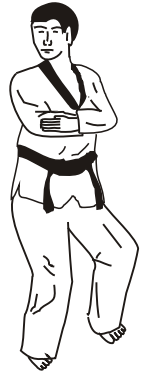
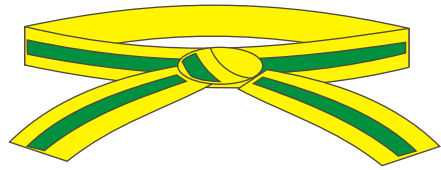


Green Tag (7th Kup)



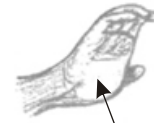
5. Elbow Strike
in Horse riding Stance

1. Knife Hand
Low Block,
Knife Hand
High Block
Same Arm
(Back Stance)

Pattern - Poomsae required Taegeuk 1 & 2

2. Knife Hand
Middle Block
(Back Stance)
Middle Punch
(Long Stance)

3. Palm Heel
Middle Block,
(Back Stance)



Blocking
area

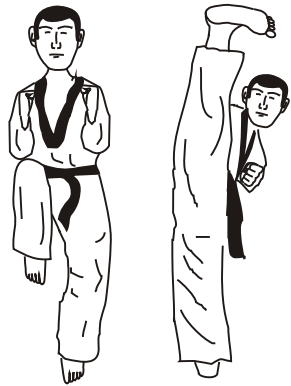


Basics required

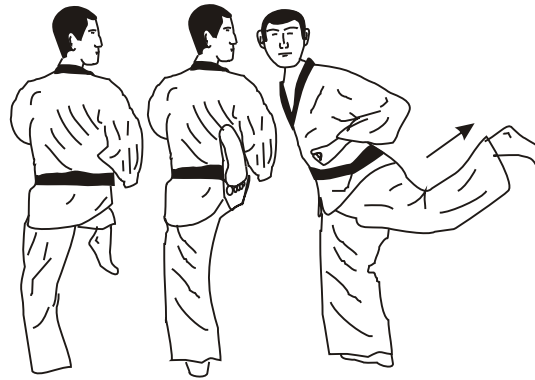
6. Turning Kick, Crescent Kick

7. Front Kick, Turning Kick
Double Punch in Long Stance

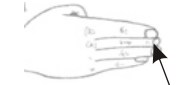
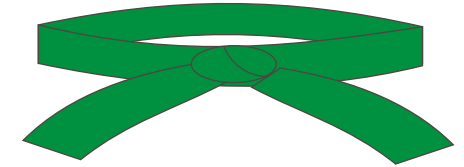
9. Side Kick.



10. Back Kick.



Going for green belt (6th Kup)



Striking
area

4. Finger Tip
Strike in
Long Stance



8. Twin Guarding Block
in Back Stance

Paddle Kicking

Demonstration of basic kicking accuracy
and stance movement including

- Switching
- Stepping
- Slipping

Sparring

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