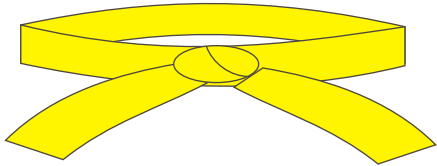


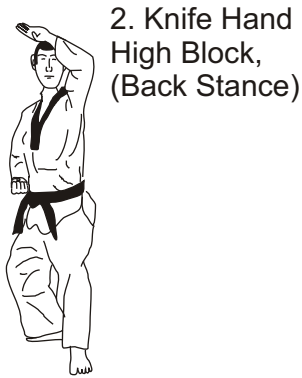
Yellow Belt (8th Kup)

Pattern - Poomsae required Taegeuk 1

Going for green tag (7th Kup)



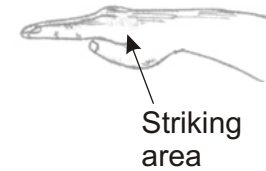
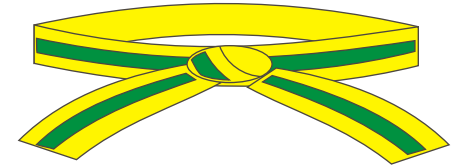
1. Knife Hand
Low Block,
(Long Stance)



2. Knife Hand
High Block,
(Back Stance)



3. Knife Hand
Middle Block,
(Back Stance)

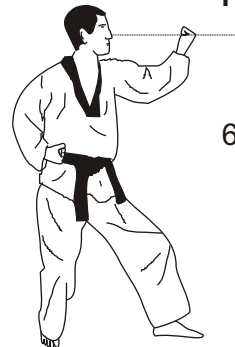


4. Ridge Hand
Strike in
Long Stance



5. Knife Hand Strike
To body
in Back Stance

10 Basic Techniques required



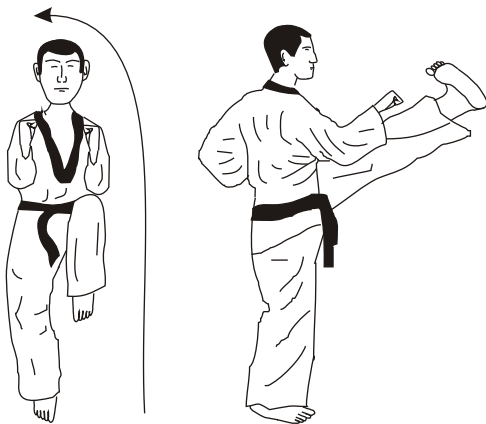
6. Back Fist Strike
to nose
in Back Stance

7. Turning Kick, Palm Heel Strike
in Long Stance

8. Front Kick, Double Punch
in Long Stance

9. Front Kick, Axe Kick.

10. Crescent Kick, Axe Kick.



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)