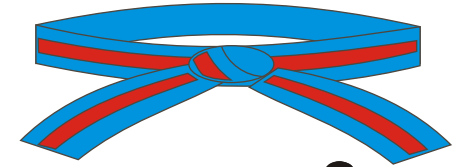
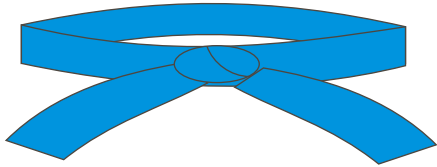


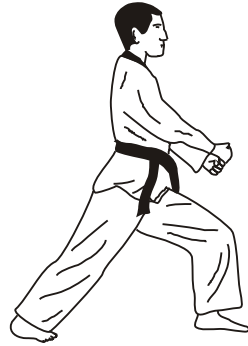
Blue Belt (4th Kup)

Pattern - Poomsae required
Taegeuk 1,2, 3, 4 & 5

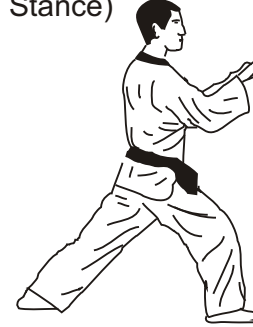
Going for Red Tag (3rd Kup)



1. Low X Block (Long Stance)



2. Middle Section Wedging Block in Long Stance)



3. Scissor Block in Long Stance

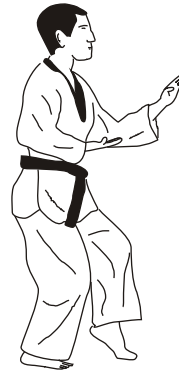


4. C Shaped Block Back Stance



5. Middle Block and Middle Punch Simultaneously in Long Stance

6. Middle Guarding Block in Cat Stance



7. Crane Stance Slowly Executed about 5 seconds



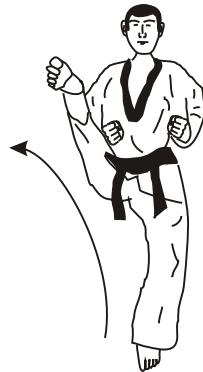
8. Knee Strike



9. Jump Front Kick



10. Twist Kick



Sparring

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

Self Defence Display a range of basic wrist locks and restraining techniques

- Collar Grab
- Wrist Grab
- Bear Hug

Paddle Kicking

Freestyle kicking accuracy and stance movement including

- Switching
- Stepping
- Slipping
- Side Stepping
- Spinning