

RED BELT 2ND KUP



GOING FOR 1ST KUP - BLACK TAG



PATTERNS - POOMSAE

STARTING WITH TAEGEUK 7 (CHIL JANG), WORK ALL THE WAY DOWN TO TAEGEUK 1 (IL JANG)

BASICS

MOVING FROM ONE CORNER OF THE DOJANG, TO THE OTHER CORNER DEMONSTRATE THE RANGE OF BLOCKS, STRIKES AND KICKS. THIS MUST INCLUDE A VARIETY OF STANCES & MOVEMENT

BLOCKS

Clench fist
Open hand
Thumb side
Small finger side
Inner to outer
Outer to inner
Downward
Upward
Twin Arm
Guarding
Palm heel
X blocks

STRIKES

Punches
Knife hand
Ridge Hand
Palm Heel
Elbow
Flat Fist
Back Fist
Finger Tip

KICKS

Front
Turning
Side
Axe
Push
Crescent
Back
Push
Hook
Twist
Slipping
Jumping

STANCES

Walking
Long
Back
Horse Riding
Fighting
Cat
Crain
X
Left & Right

SPARRING

- 1 FOR 1 KICKING
- 1 STEP SPARRING - INCLUDE 5 LEG TECHNIQUES WITH TENSION
- SEMI FREE SPARRING
- FREE SPARRING (NO CONTACT)
- WTF FREE SPARRING - WTF COMPETITION RULES (CONTROLLED CONTACT, WEARING WTF APPROVED TRUNK PROTECTOR)
- 2 ONTO 1 SPARRING

SELF DEFENCE - DISPLAY A RANGE OF MORE ADVANCED WRIST LOCKS, USING PRESSURE POINTS & RESTRAINING TECHNIQUES FROM

- COLLAR GRAB
- WRIST GRAB
- BEAR HUG

POWER TEST:

(OVER 18 YEARS OLD ONLY): SPECIAL TECHNIQUE OF OWN CHOICE