Green Tag (7th Kup)

Pattern - Poomsae required Taegeuk 1 & 2

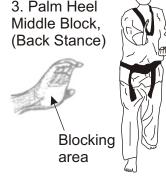
Going for green belt (6th Kup)

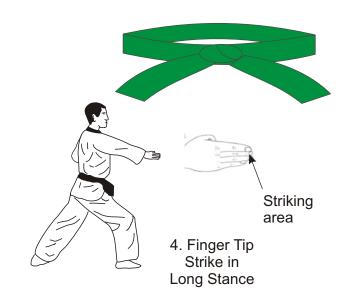




2. Knife Hand Middle Block (Back Stance) Middle Punch (Long Stance)







Basics required

6. Turning Kick, Crescent Kick

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

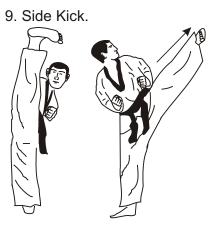


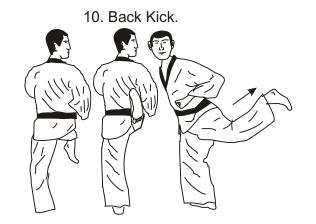
8. Twin Guarding Block in Back Stance



5. Elbow Strike

in Horse riding 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)