

Group 3

Green belt

Blue stripe

Fitness

Jogging on the spot
25 Press-ups
25 Sit ups
25 Jump jacks
20 jump squats

Linework

Circular block in walking stance

Low X fist pressing block in walking stance

First three moves of pattern Won Hyo

Double forearm block in walking stance

Side kick, reverse side kick, knifehand
guarding block in L stance

Front kick (back leg), side kick (different
legs) landing forearm guarding block in L
stance

Palm Pushing block in L stance

Double side kick, Knifehand strike in L
stance

Side punch in fixed stance

Obverse hooking block, Reverse hooking
block, obverse punch in walking stance

Patterns

Up to Won Hyo

Up to Yul Gok

Freestyle Linework (all done on the bounce)

Front leg front kick, obverse reverse punch
Side kick, reverse side kick
Double punch rear leg axe kick

Set Sparring

3 step sparring
1- 10

3 step sparring 1 - 10
2 step sparring 1 - 2

Pad work

Pad drill: 1 - 3

Shield Work

Turning kick, reverse turning kick
Step in side kick (front leg)

Self Defence

All Previous +
Double wrist grab with counter attack

All Previous +
Double handed choke

Free Sparring

3 x 1.5 minute rounds

3 x 1.5 minute rounds