

# Group 1

White belt

Yellow stripe

## Fitness

Jogging on the spot  
15 Press-ups  
15 Sit ups  
15 Jump jacks  
10 Leg raise exercise (each leg)

## Linework

Middle section obverse punch in walking stance (same arm and leg forward)

Knifehand strike in L stance

Middle section reverse punch in walking stance (opposite arm and leg forward)

Forearm guarding block in L stance

Low block reverse punch in walking stance

Front Kick obverse reverse punch in walking stance

Middle block reverse punch in walking stance

Low block, rising block in walking stance

Front kick reverse punch in walking stance

Turning kick landing forearm guarding block L stance

## Patterns

Sajo Jirugi (four directional exercise)

Up to Chon-Ji

## Freestyle Linework (all done on the bounce)

Obverse punch, Reverse Punch  
Obverse punch, Reverse Punch, Rear leg turning kick  
Lead backfist, Reverse Punch

## Set Sparring

3 step sparring  
1- 2

3 step sparring  
1- 4

## Pad work

Pad drill: 1

## Shield Work

Rear leg front kick  
Rear leg turning kick

## Self Defence

Defence from a straight punch to take down

All previous self defence +  
Single lapel grab to arm bar