

Group 5

Red Belt

Fitness

35 Press-ups, 35 Sit ups, 35 Jump jacks, 35 squat thrusts

Linework

Front leg hook kick turning kick, landing forearm guarding block in L stance

Obverse middle section punch in L stance

Front kick, side kick combination (same leg), Knife strike in L stance

Palm up, palm down pressing block in L stance

Stepping in side kick off the front leg, reverse side kick, landing knifehand guarding block in L stance

Patterns

Up to Hwa Rang

Freestyle Linework (all done on the bounce)

Front leg hook kick, turning kick

Lead leg jump axe kick

Step thorough high spin crescent kick

Set Sparring

1 Step sparring, 2 Step sparring 1 – 4, 3 Step semi free sparring

Pad work

Pad drill: 1 - 5

Shield Work

Back Kick

Step though reverse turning kick

Self Defence

All previous +

Lapel grab with right hand choke

Front headlock

Free sparring

2 x 1.5 minute rounds hands only

2 x 1.5 minute rounds legs only

2x 1.5 minute rounds hands and legs

Destruction

1 Board side kick

1 Board front elbow strike