

Group 4

Blue belt

Red stripe

Fitness

30 Press-ups, 30 Sit ups, 30 Jump jacks, 25 squat thrusts

Linework

Knifehand guarding block in L stance on the spot upward elbow strike in walking stance

Low section knife hand guarding block in L stance, circular block in walking stance

Low X fist pressing block on the spot twin vertical punch in walking stance

Middle section block in L stance, upset fingertip thrust in walking stance.

Hooking kick off the front leg, forearm guarding block in L stance

Side kick off the back leg, double forearm block in walking stance

Palm Pushing block in L stance

Inward knife hand strike in L stance, side punch in fixed stance (on the spot)

Jumping front kick (bicycle style) landing forearm guarding block in L stance

Knifehand guarding block in L stance, low front kick, high obverse flat fingertip thrust walking stance

Patterns

Up to Joong Gun

Up to Toi Gye

Freestyle Linework (all done on the bounce)

Front leg hooking kick (high section)
Jumping front kick, double punch
Double front leg side kick, reverse side kick

Set Sparring

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

Pad work

Pad drill: 1 - 4

Shield Work

Fake side kick, side kick
Step though reverse turning kick

Self Defence

All Previous +
lapel grab with right hand hook punch

All Previous +
Two hand choke from the side

Straight lunge knife attack

Downward knife attack from the right

Free Sparring

2 x 1.5 minute round legs only
2 x 1.5 minute rounds hand & legs

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