

Group 2

Yellow belt

Green stripe

Fitness

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

Linework

Front back-fist strike in L stance

Straight fingertip thrust in walking stance

Twin forearm block in L stance

High section side back fist strike in walking stance

Inward middle section block, front backfist strike in L stance

High section outer forearm block reverse punch in walking stance

Knifehand guarding block in L stance

Wedging block in walking stance

Side kick, knifehand guarding block in L stance

Turning kick, reverse turning kick, forearm guarding block in L stance

Patterns

Up to Dan Gun

Up to Do-San

Freestyle Linework (all done on the bounce)

Front leg turning kick, front hand side back fist strike
Stepping in side kick, reverse punch
Obverse punch, reverse knifehand strike

Set Sparring

3 step sparring
1- 6

3 step sparring
1- 8

Pad work

Pad drill: 1 - 2

Shield Work

Rear leg side kick
Rear leg side kick, rear turning kick

Self Defence

All Previous +
Same side wrist grab to wrist lock

All Previous +
Double lapel grab