

2nd Kup Red Belt



FWD L stance knife hand guarding block, slip front foot into walking stance making upward elbow strike

BKWD L Stance Palm heel pushing block

FWD 1st 3 moves of WON HYO

BKWD walking stance Circular block

FWD Turning kick rev turning kick combo, land forearm guarding block

BKWD fixed stance side punch

FWD walking stance Hooking block, hooking block obverse punch

BKWD walking stance Upset finger tip thrust

On spot jump front kick

All Patterns up to and including Hwa Rang

3 Step Sparring / 2 Step Sparring / 1 Step Sparring

3 Step Semi Free Sparring, Basic, Intermediate and Advanced

Free Sparring 3 Rounds

Questions