

# 3rd Kup

## **FWD**

Side kick, spin into L stance, knife hand strike

## **BWD**

L stance, low knife hand guarding block, slip front foot into walking stance circular block (37)

## **FWD**

Front leg hook kick side kick, rear leg turning kick, land L stance, knife hand guarding block

## **BWD**

Sitting stance, W shape block

## **FWD**

L stance, Knife hand guarding block, front leg front kick, land in walking stance, high flat finger tip thrust (37)

## **BWD**

Walking stance, X-fist pressing block, twin vertical punch

## **FWD**

Turning kick reverse turning kick (180°), land L stance, forearm guarding block

## **BWD**

L stance, low section double forearm block, slip the front foot into walking stance, high grab (37)

## **FWD**

Turning kick, downward kick (same leg), land L stance, forearm guarding block

## **BWD**

First 2 moves of Toi Gye

## **PATTERNS**

Student's choice (not grade pattern)

Examiner's choice

Toi Gye

## **Sparring**

2 step sparring 1-8

1 step sparring (basic)

Free sparring