

2nd Kup

FWD

Double side kick (same leg), land L stance, knife hand guarding block

BWD

Walking stance, high twin vertical punch

FWD

Double turning kick (same leg), land L stance, forearm guarding block

BWD

Walking stance, pressing block (normal speed)

FWD

Walking stance, middle obverse punch, pull up and release, front leg side kick, land L stance, knife hand strike (29)

BWD

Walking stance, X fist pressing block – X fist rising block

FWD

Side kick, reverse side kick, land walking stance, reverse punch, pull back L stance, forearm guarding block

BWD

L stance, twin forearm block, upward punch, slide into fixed stance, punch, pull back into vertical stance, downward knife hand strike (29)

FWD

Front kick, turning kick (same leg), rear leg reverse turning kick (180°) land L stance, knife hand guarding block

BWD

L stance, obverse middle punch, slip front foot into walking stance, X fist pressing block (29)

2 kicks each leg

Jumping front kick off back leg

2 kicks each leg

Jumping turning kick off back leg

2 kicks each leg

Jumping side kick off front leg

2 kicks each leg

Jumping reverse side kick

Patterns

Student's choice pattern

Not grade pattern

Examiner's choice patterns x 2

Hwa Rang

Sparring

Set sparring examiner's choice

1 step sparring (Advanced)

Free sparring