

# 5th Kup

## **FWD**

Walking stance, high hooking block (twice), obverse middle punch (38)

## **BWD**

L stance, twin knife hand block

## **FWD**

Side kick, reverse side kick, Land L stance, forearm guarding block

## **BWD**

Walking stance, high double forearm block

## **FWD**

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

## **BWD**

L stance, upward palm heel block

## **FWD**

Bending stance, side kick, land in walking stance, front elbow strike (38)

## **BWD**

Walking stance, X-fist pressing block

## **FWD & BWD**

Turning kick, reverse turning kick (360°), land L stance, forearm guarding block

## **PATTERNS**

Student's choice (not grade pattern)

Examiner's choice

Yul Gok

## **Sparring**

2 step sparring 1-3

3 step semi free sparring **Intermediate**

Free sparring