

# 4th Kup

## **FWD**

First 3 moves of Joong Gun

## **BWD**

Walking stance, pressing block (32)

## **FWD**

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

## **BWD**

L stance, high back fist side strike, release slipping front foot into walking stance, high reverse punch (32)

## **FWD**

Walking stance, double forearm block, pull back into L stance, side punch (32)

## **BWD**

L stance, outer forearm waist block

## **FWD**

Side kick, hooking kick (same leg) land L stance, forearm guarding block

## **BWD**

L stance, knife hand guarding block, slip front foot into walking stance, upper elbow strike (32)

## **FWD**

Turning kick, reverse side kick, land L stance, forearm guarding block

## **BWD**

Fixed stance, U shaped block

## **PATTERNS**

Student's choice (not grade pattern)

Examiner's choice

Joong Gun

## **SET SPARRING**

2 step sparring **4 to 6**

3 step semi free **Advanced**

Free sparring