

# 2nd KUP RED BELT

## FREE SPARRING

Low block, rising block reverse punch, walking stance x 4 forwards

First 2 moves of Toi Gye (stepping twice on each count) x 2 backwards

Double turning kick (same leg), reverse hook kick x 4 forward  
(Instructor's time)

Step turn, side kick, back kick x 4 backwards (Instructor's time)

Using back leg, hook kick, sidekick L stance, lead ridge hand, back to  
guarding block x 4 forward (Instructor's time)

Back fist strike L stance, release to walking stance reverse punch as in  
Joong Gun (stepping twice on each count) x 2 backwards

First 3 moves of Won Hyo x 4 forwards

X knife hand low block, x knife hand rising block in walking stance x 4  
backwards

(Back to ready stance then right leg back and guard)

Jumping front snap kicks x 4

Choice patterns

Set patterns

Hwa Rang

2 or 3 step sparring

1 step sparring