

3rd KUP RED STRIPE

FREE SPARRING

Left leg out sitting stance w shaped block. Then stay on spot with 2 blocks on each count x 4

First 2 moves of Toi Gye (Stepping twice with each count) x 2 forward

X fist pressing block twin fist punch walking stance x 4 backwards (Instructor's time)

Knife-hand guarding block, snap kick front leg, walking stance fingertips strike (as in Toi Gye) x 4 forward (Instructor's time)

Low knife-hand guarding block, I stance into walking stance circular block x 4

Reverse turning kick L stance guarding block x 4 forward (Instructor's time)

Step turn, axe kick reverse punch back to L stance guarding block x 4 backwards (Instructor's time)

Front leg hopping side kick (2 kicks with each count) x 4 forward

Step turn, repeat with opposite leg

Choice pattern

Set pattern

Toi Gye