

4th KUP BLUE BELT

FREE SPARRING

Reverse knife-hand block L stance (2 blocks using same hand to each count) x 2, switch stance and repeat

Back kick x 4 forwards

Knife-hand guarding block I stance, upper elbow strike walking stance as in Joong Gun x 4 backwards

Double turning kick L stance guarding block (2 kicks, once with each leg on each count) x 2 forward

Step turn, Reverse turning kick x 4 back DOWN THE ROOM (Instructor's time)

Front snap kick, turning kick (same leg) (with both legs on each count) x 2 forwards

U shaped block in fixed stance (Stepping twice on each count) backwards x 2

Choice pattern

Set pattern

Joong Gun

2 step sparring 5-8