

5th KUP BLUE STRIPE

Knife-hand block walking stance on the spot (2 blocks using left, right arms to each count) x4

X fist pressing block twin fist punch x 4 forward
(Instructor's time)

Twin knife-hand block L stance (stepping twice with each count) x 2 backwards

Hooking block hooking block obverse punch walking stance x 4 forward (Instructor's time)

Double forearm block walking stance (stepping twice with each count) x 2 backwards

Sidekick then back kick into L stance guarding block (one kick with each leg on each count) x 2 forward

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

Choice pattern

Set pattern

Yul Gok

2 step sparring 1-4