

## 6th KUP GREEN BELT

FIRST 3 moves of Won Hyo x 4 forward (Instructor's time)

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

Flat fingertip thrust walking stance (stepping twice with each count) x 2 forwards

Knife-hand block I stance (stepping twice with each count) x 2 backwards

Side kick (two kicks with each count, left then right) x 2 forward

Step turn, then same going down the room x 2

Inward block L stance on the spot (students to perform 2 blocks to each instructor count) x 2 change legs then repeat

Dan Gun

Do San

Won Hyo

3 step sparring 8-10