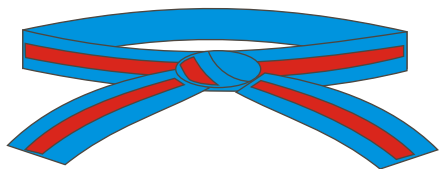


Red Tag (3rd Kup)



4. High Block - Palm Heel Strike - Same time in Long Stance

5. Slipping Side Kick in Horse Stance

6. Front Kick, Turning Kick, Side Kick same leg on the spot

7. X Block, High Section in Long Stance

8. Low Block - High Block in Crane Stance Executed slowly to about 5 seconds

9. Middle Section Palm Heel Block in Cat Stance Reverse Hook Kick land in Fighting Stance

10. Scissor Front Kick land in Fighting Stance

11. Running Jump Kick of own choice land in Fighting Stance

12. Standing Jump Kick of own choice land in Fighting Stance

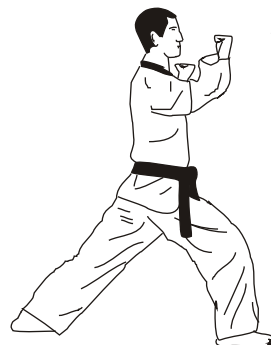
13. Jump Back Kick of own choice land in Fighting Stance

Pattern - Poomsae required Taegeuk 1,2, 3, 4, 5 & 6

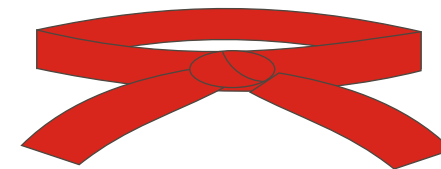
1. Low Block - Middle Block same time in Back Stance



2. Grab and Uppercut Punch in Long Stance



Going for Red Belt (2nd Kup)



3. Low Block - High Block in Diamond Shaped Long Stance



Sparring

1 for 1 kicking - 1 Step Sparring

Semi Free Sparring - Free Sparring (No contact)

Self Defence

Display a range of basic wrist locks and restraining techniques

- Collar Grab
- Wrist Grab
- Bear Hug
- Basic Knife Defence

Paddle Kicking

Freestyle kicking accuracy and stance movement including

Switching

Stepping

Slipping

Side Stepping

Spinning