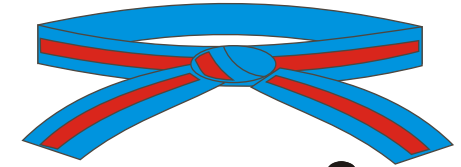
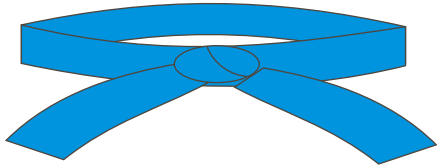


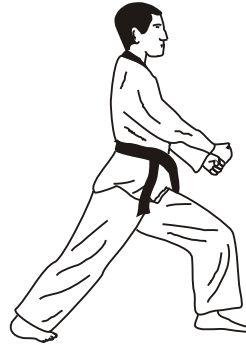
Blue Belt (4th Kup)

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

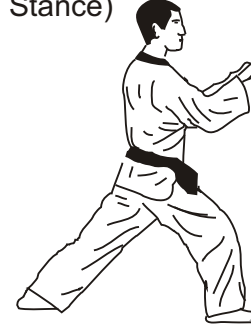
Going for Red Tag (3rd Kup)



1. Low X Block (Long Stance)



2. Middle Section Wedging Block in Long Stance)



3. Scissor Block in Long Stance



4. C Shaped Block Back Stance



5. Middle Block and Middle Punch Simultaneously in Long Stance

6. Low Block and Fingertip Strike Simultaneously in Long Stance

7. Middle Guarding Block in Cat Stance



8. Crane Stance Slowly Executed about 5 seconds



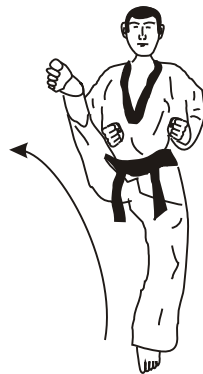
8. Knee Strike



9. Jump Front Kick



10. Twist Kick



Paddle Kicking

Freestyle kicking accuracy and stance movement including
Switching
Stepping
Slipping
Side Stepping
Spinning

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