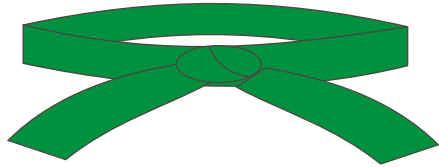


Green Belt (6th Kup)



5. Finger Tip Strike
Palm Heel Block
in Long Stance

1. Twin Guarding
Low Block,
(Back Stance)

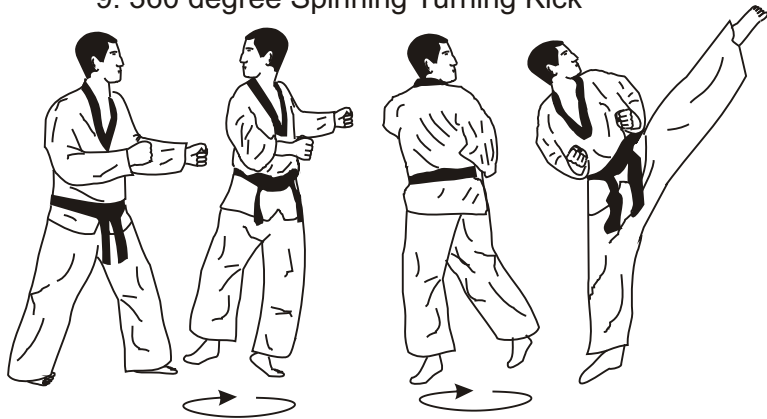


6. Back Fist Forward Strike in Long Stance

7. Fighting stance switch on the spot, Turning Kick

8. Side Kick, Back Kick

9. 360 degree Spinning Turning Kick



Sparring

1 for 1 kicking - 1 Step Sparring - Semi Free Sparring - Free Sparring (No contact)

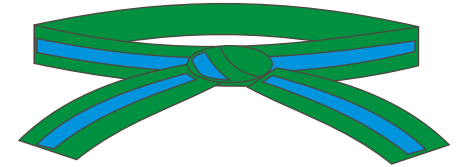
Pattern - Poomsae required Taegeuk 1,2 & 3

2. Knife Hand
High Block
at the same
time Knife Hand
Strike
(Long Stance)



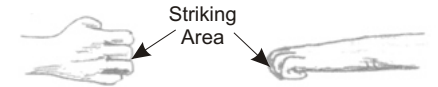
Basics required

Going for blue Tag (5th Kup)



3. Hammer Fist
Strike in
Left & Right Stance

4. Flat Fist Strike in Back Stance



Paddle Kicking

Freestyle kicking accuracy
and stance movement including

- Switching
- Stepping
- Slipping
- Side Stepping
- Spinning