



1st KUP

FLOORWORK FOR 1ST KUPS

Low block, rising block, reverse punch (forwards)

Knife hand guarding block, upper elbow strike (backwards)

Rear leg front kick, turning kick, double punch (forwards)

WS middle section double forearm block, then low section in LS (backwards)

Side kick, back kick, reverse punch (forwards)

First 3 moves of Won-Hyo (backwards)

Turning kick, reverse turning kick, lead hand ridge hand, reverse punch (forwards)

First 2 moves of Toi Gye (backwards)

Front leg hook kick, side kick combination, rear leg axe kick (forwards)

Double hooking block, obverse punch, then twin knife hand block (backwards)

Knife hand guarding block, front leg front kick, flat fingertip thrust (forwards)

U shaped block in fixed stance (backwards)

Jumping side kick, rear leg, with step (forwards)

Wedging block in walking stance, then knife hand strike in L stance (backwards)

Jumping front kick without step, then pressing block in low stance (forwards)

X fist pressing block, X fist rising block (backwards)