



## GREEN 6TH GUP TO PURPLE 7TH GUP

STANCE: ALL PRIOR

KICKS:

ALL PRIOR, NOW EARNING YOUR RANK OF AN INTERMEDIATE STUDENT ALL KICKS MUST HAVE PROPER FOOT POSITION FOR STRIKING. TORNADO KICK, JUMP 360 BACK KICK

HANDS:

ALL PRIOR & KNOWLEDGE OF ALL HAND, WRIST AND FINGER POSITIONS WHILE STRIKING, RIDGEHAND, FOREARM STRIKE, ELBOW STRIKE

HAND & FOOT COMBINATIONS:

1. DOUBLE JAB – RIDGEHAND
2. FRONT LEG SIDE KICK- BACKFIST- BODY PUNCH
3. SHUFFLE STEP DOUBLE ROUNDHOUSE KICK- JAB- REVERSE PUNCH
4. OLD INTO NEW TECHNIQUE TRANSITION ADDING A BACK KICK INTO COMBINATION
5. NEW INTO OLD TECHNIQUE TRANSITION ADDING BACK KICK SLIDING SIDE KICK INTO COMBINATION
6. LEAPING BACKFIST – PULL GUARD - REVERSE PUNCH BLITZ
7. RETREATING BACK KICK – COUNTER
8. OUT TO IN- TORNADO- REVERSE PUNCH
9. SLIDING DOUBLE ROUNDHOUSE- JUMP SPINNING HOOK KICK
10. JUMP BACK KICK- SLIDING SIDE KICK

FORM:

ALL PRIOR & PYONG AHN SAM DAN (3), OLD KIBON 3

SPARRING: KNOWLEDGE OF RULES FOR FREE SPARRING & POINT SPARRING, CONTROLLING THE MOMENTUM OF THE FIGHT

BREAKING:

1 BOARD – JUMP BACK KICK