



NO BELT TO WHITE BELT 10TH GUP

STANCE: CHARIOTE, KUNJAE, JOON BEE, FRONT BEND STANCE, FIGHTING STANCE

KICKS: IN TO OUT KICK, OUT TO IN KICK, AX KICK, FRONT SNAP KICK, ROUNDHOUSE KICK, DOUBLE ROUNDHOUSE KICK, SPINNING IN TO OUT KICK, JUMP SPINNING IN TO OUT KICK

HANDS: JAB, REVERSE PUNCH, LOW BLOCK, LUNGE PUNCH

HAND COMBINATIONS:

1. JAB – REVERSE PUNCH
2. LOW BLOCK – LUNGE PUNCH
3. JAB – REVERSE PUNCH- FRONT SNAP KICK
4. JAB – REVERSE PUNCH – DOUBLE ROUNDHOUSE KICK

KICKING COMBINATIONS:

1. FRONT SNAP KICK – FRONT SNAP KICK – REVERSE PUNCH
2. AX KICK – AX KICK – REVERSE PUNCH
3. ROUNDHOUSE KICK – ROUNDHOUSE KICK – REVERSE PUNCH
4. FRONT SNAP KICK – ROUNDHOUSE KICK – REVERSE PUNCH
5. FRONT SNAP KICK – AX KICK – DOUBLE ROUNDHOUSE KICK – REVERSE PUNCH

FORM:

KIBON 1 (BASIC OR BEGINNER FORM 1) 20 MOVES