



ORANGE 7TH GUP TO GREEN 6TH GUP

STANCE: ALL PRIOR

KICKS:

ALL PRIOR SHUFFLE STEP ROUNDHOUSE, STRAIGHT LEG SPINNING HOOK KICK, SNAP-ROUNDHOUSE DOUBLE KICK

HANDS:

ALL PRIOR & HAMMER BLOCK, UPPER CUT, PALM STRIKE, SPEAR HAND, REENFORCED BLOCK, RIDGE HAND

HAND COMBINATIONS:

1. DOUBLE JAB – REVERSE PUNCH
2. OLD TECHNIQUE (JAB-REVERSE PUNCH-BACKFIST-REVERSE PUNCH)
3. NEW TECHNIQUE (BACKFIST- SPINBACKFIST- REVERSE PUNCH
4. OLD INTO NEW TECHNIQUE TRANSITION
5. NEW INTO OLD TECHNIQUE TRANSITION
6. LEAPING BACKFIST -REVERSE PUNCH
7. RETREATING HIGH BLOCK – REVERSE PUNCH
8. UPPER CUT- REVERSE PUNCH

KICKING COMBINATIONS:

1. SLIDING FRONT SNAP KICK - JUMP SIDE KICK – REVERSE PUNCH
2. SLIDING ROUNDHOUSE KICK – SPINNING HOOK KICK - REVERSE PUNCH
3. SLIDING SIDE KICK – BACK KICK - REVERSE PUNCH
4. SIDE KICK – SLIDING SIDE KICK – REVERSE PUNCH
5. HOOK-ROUNDHOUSE KICK – SLIDING HOOK-ROUNDHOUSE KICK - REVERSE PUNCH
6. FRONT SNAP KICK – JUMPING ROUNDHOUSE KICK – REVERSE PUNCH

FORM:

ALL PRIOR & KIBON 5, PYONG AHN EE DAN (2), OLD KIBON 2

SPARRING: BASIC KNOWLEDGE OF RULES FOR FREE SPARRING & POINT SPARRING

BREAKING:

1 BOARD – SPIN HOOK KICK & 1 BOARD REVERSE PUNCH

