



YELLOW STRIPE 9TH GUP TO YELLOW 8TH GUP

STANCE: HORSE STANCE, CAT STANCE

KICKS:

ALL PRIOR AND RUNNING JUMP SIDE

HANDS:

ALL PRIOR & HOOK PUNCH

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

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 KICK – SLIDING HOOK KICK - REVERSE PUNCH
6. FRONT SNAP KICK – JUMPING ROUNDHOUSE KICK – REVERSE PUNCH

FORM:

KIBON 3 & CHONG GI

BREAKING:

1 BOARD RUNNING JUMP SIDE 1- BOARD