



YELLOW 8TH GUP TO ORANGE 7TH GUP

STANCE: ALL PRIOR

KICKS:

ALL PRIOR AND JUMP SPINNING HOOK, HOP BACK KICK HANDS:

ALL PRIOR & SINGLE KNIFE HAND, DOUBLE KNIFE HANDS, HAMMER BLOCK 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 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:

ALL PRIOR & KIBON 4, PYONG AHN CHO DAN (1), OLD KIBON 1

SPARRING: BASIC KNOWLEDGE OF RULES BREAKING:

1 BOARD - BACK KICK