

# 10th KUP WHITE BELT

**SITTING STANCE MIDDLE PUNCH X 10 (INSTRUCTORS TIME)**

**WALKING READY STANCE FRONT RISING KICKS X 10  
CHANGE LEGS AND REPEAT (INSTRUCTORS TIME)**

**PUSH-UPS X 10**

**WALKING STANCE MIDDLE PUNCH X 4 FORWARD AND  
BACK (INSTRUCTORS TIME)**

**WALKING STANCE LOW BLOCK ON THE SPOT X 4  
REPEAT WITH OTHER LEG FORWARD**

**WALKING STANCE MIDDLE BLOCKS ON THE SPOT X 4  
REPEAT WITH OTHER LEG FORWARD**

**SAJO JIRUGI PARTS 1 + 2**



# 9th KUP YELLOW STRIPE

SITTING STANCE DOUBLE PUNCH X 10 (INSTRUCTORS TIME)

WALKING READY STANCE FRONT SNAP KICK X 4 CHANGE LEGS AND REPEAT (INSTRUCTORS TIME)

WALKING STANCE DOUBLE PUNCH (ON THE SPOT) X 4 (INSTRUCTORS TIME)

WALKING STANCE LOW BLOCK X 4  
CHANGE LEGS AND REPEAT

WALKING STANCE RISING BLOCK X 4  
CHANGE LEGS AND REPEAT

L STANCE MIDDLE BLOCKS ON THE SPOT X 4  
CHANGE LEGS AND REPEAT

CHON JI

3 STEP SPARRING NUMBER 1

# 8th KUP YELLOW BELT

**TWIN FOREARM BLOCK L STANCE X 4 FORWARD**

**INWARD BLOCK L STANCE X 4 BACKWARDS**

**FRONT SNAP KICK DOUBLE PUNCH X 4 FORWARD**

**LOW BLOCK, RISING BLOCK WALKING STANCE X 4  
BACKWARDS**

**TURNING KICK KNIFEHAND GUARDING BLOCK L STANCE  
X 4 FORWARD**

**KNIFEHAND GUARDING BLOCK X 4 BACKWARDS**

**CHON JI**

**DAN GUN**

**3 STEP SPARRING 2-4**

# 7TH KUP GREEN STRIPE

**WALKING STANCE STRAIGHT FINGERTIP THRUST AS IN  
DO SAN X 4 FORWARD**

**WALKING STANCE BACK-FIST STRIKE (AS IN DO SAN)  
X 4 BACKWARDS**

**TURNING KICK KNIFE-HAND GUARDING BLOCK  
X 4 FORWARD**

**WEDGING BLOCK WALKING STANCE X 4 BACKWARDS**

**SIDE KICK FOREARM GUARDING BLOCK X 4 FORWARD**

**OUTER FOREARM BLOCK REVERSE PUNCH (1ST 2 MOVES  
OF DO SAN) X 4 BACKWARDS**

**DAN GUN**

**DO SAN**

**3 STEP SPARRING 5-7**

# 6th KUP GREEN BELT

**FIRST 3 MOVES OF WON HYO X 4 FORWARD**

**CIRCULAR BLOCK WALKING STANCE X 4 BACKWARDS**

**STRAIGHT FINGERTIP THRUST WALKING STANCE X 4  
FORWARDS**

**KNIFE-HAND BLOCK L STANCE X 4 BACKWARDS**

**SIDE KICK, KNIFEHAND GUARDING BLOCK L STANCE X 4  
FORWARD**

**INWARD BLOCK L STANCE X 4 BACKWARDS**

**DAN GUN**

**DO SAN**

**WON HYO**

**3 STEP SPARRING 8-10**

# 5th KUP BLUE STRIPE

**X FIST PRESSING BLOCK TWIN FIST PUNCH X 4  
FORWARD (INSTRUCTORS TIME)**

**TWIN KNIFE-HAND BLOCK L STANCE X 4 BACKWARDS**

**HOOKING BLOCK HOOKING BLOCK OBVERSE PUNCH  
WALKING STANCE X 4 FORWARD**

**DOUBLE FOREARM BLOCK WALKING STANCE X 4  
BACKWARDS**

**SIDEKICK THEN BACK KICK INTO L STANCE GUARDING  
BLOCK (ONE KICK WITH EACH LEG ON EACH COUNT) X 2  
FORWARD**

**STEP TURN, REVERSE SIDE KICK X 4 BACKWARDS  
(INSTRUCTORS TIME)**

**CHOICE PATTERN**

**SET PATTERN**

**YUL GOK**

**2 STEP SPARRING 1-4**

# 4th KUP BLUE BELT

## FREE SPARRING

REVERSE KNIFE-HAND BLOCK L STANCE X 4 FORWARDS

TWIN FIST PUNCH WALKING STANCE X 4 BACKWARDS

BACK KICK X 4 FORWARDS

KNIFE-HAND GUARDING BLOCK L STANCE, UPPER ELBOW STRIKE WALKING STANCE AS IN JOONG GUN X 4 BACKWARDS

TURNING KICK L STANCE GUARDING BLOCK X 4 FORWARD

BACKFIST STRIKE L STANCE, RELEASE TO WALKING STANCE REVERSE PUNCH (AS IN JOONG GUN) X 4 BACKWARDS

FRONT SNAP KICK, TURNING KICK (SAME LEG) X 4 FORWARDS

U SHAPED BLOCK IN FIXED STANCE X 4 BACKWARDS

CHOICE PATTERN

SET PATTERN

JOONG GUN

2 STEP SPARRING 5-8

# **3rd KUP RED STRIPE**

**FREE SPARRING**

**FIRST 2 MOVES OF TOI GYE X 4 FORWARD**

**X FIST PRESSING BLOCK TWIN FIST PUNCH WALKING STANCE X 4 BACKWARDS**

**KNIFE-HAND GUARDING BLOCK, SNAP KICK FRONT LEG, WALKING STANCE FINGERTIPS STRIKE (AS IN TOI GYE) X 4 FORWARD**

**LOW KNIFE-HAND GUARDING BLOCK, L STANCE INTO WALKING STANCE CIRCULAR BLOCK X 4 BACKWARDS**

**REVERSE TURNING KICK L STANCE GUARDING BLOCK X 4 FORWARD**

**DOUBLE FOREARM BLOCK, LOW SECTION L STANCE X 4 BACK**

**AXE KICK REVERSE PUNCH BACK TO L STANCE GUARDING BLOCK X 4 FORWARD**

**WAIST FOREARM BLOCK L STANCE X 4 BACKWARDS**

**CHOICE PATTERN**

**SET PATTERN**

**TOI GYE**

**1 STEP SPARRING**



# **2nd KUP RED BELT**

## **FREE SPARRING**

**LOW BLOCK, RISING BLOCK REVERSE PUNCH, WALKING STANCE  
X 4 FORWARDS**

**FIRST 2 MOVES OF TOI GYE X 4 BACKWARDS**

**TURNING KICK, REVERSE HOOK KICK X 4 FORWARD**

**FIRST 3 MOVES OF WON HYO X 4 BACKWARDS**

**USING BACK LEG, HOOK KICK, SIDEKICK L STANCE, LEAD RIDGE  
HAND, BACK TO GUARDING BLOCK X 4 FORWARD**

**BACK FIST STRIKE L STANCE, RELEASE TO WALKING STANCE  
REVERSE PUNCH AS IN JOONG GUN X 4 BACKWARDS**

**SIDE KICK, REVERSE SIDE KICK X 4 FORWARDS**

**X KNIFE HAND LOW BLOCK, X KNIFE HAND RISING BLOCK IN  
WALKING STANCE X 4 BACKWARDS**

**(BACK TO READY STANCE THEN RIGHT LEG BACK AND GUARD)**

**JUMPING FRONT SNAP KICKS X 4**

**CHOICE PATTERNS**

**SET PATTERNS**

**HWA RANG**

**2 OR 3 STEP SPARRING**

**1 STEP SPARRING**