



10th Kup

STATIC

Sitting stance, front punch x10

STATIC

Walking ready stance, front rising kick x10

STATIC

Press ups x10

FWD & BWD

Walking stance, middle punch (obverse)

FWD & BWD

Walking stance, low block reverse punch

FWD & BWD

Walking stance, middle block reverse punch

4 directional punch 1 & 2



9th Kup

STATIC

Sitting stance, double punch x10

STATIC

L stance, forearm guarding block, front snap kick x10
on each leg

FWD & BWD

Walking stance, double punch (ending reverse punch)

FWD & BWD

L stance, outwards middle section inner forearm block

FWD & BWD

L stance, knife hand strike

FWD & BWD

Walking stance, low block rising block

Chon Ji

Pad Work - Focus front snap kick



8th Kup

FWD & BWD

L stance, twin forearm block

FWD

Walking stance, front snap kick double punch (ob/rev)

BWD

L stance, inward outer forearm block

FWD

Turning kick, land L stance, knife hand guarding block

BWD

L stance, forearm guarding block

Chon-Ji & Dan Gun

Sport Drill

Hand Combo

Foot Combo

Pad Work

Strike front snap kick

Focus turning kick



7th Kup

FWD & BWD

Walking stance, high side back fist strike

FWD

Turning kick, land L stance, knife hand guarding block

BWD

Walking stance, wedging block

FWD

Side kick, land L stance, forearm guarding block

BWD

L stance, knife hand guarding block

FWD

Walking stance, straight fingertip thrust

BWD

Walking stance, high outer forearm block, middle reverse punch (24)

Dan Gun & Do San

3 Step Sparring numbers 1 & 2 as line work

Pad Work - Strike turning kick & Focus side kick

1 for 1 Sparring



6th Kup

FWD First two moves of Won Hyo

BWD Walking stance, low block, rising block, reverse punch

FWD Walking stance, straight finger tip thrust, release, spin, high back fist side strike (24)

BWD Fixed stance, side punch

FWD Bending stance, side kick, land L stance, knife hand guarding block (28)

BWD L stance, inward middle outer forearm block, slip the front foot into walking stance, high back fist side strike

FWD Kicking off the rear leg, front kick, side kick, turning kick (alternating legs) land L stance, knife hand guarding block

BWD Walking stance, circular block

PATTERNS

Examiner's choice

Won Hyo

3 Step Sparring numbers 1 - 4

Pad Work - Strike front, side & turning kick

Power Test

Choice of 1 x hand & 1 x foot technique

2 for 2 Sparring



5th Kup

FWD Walking stance, high hooking block (twice), obverse middle punch (38)

BWD L stance, twin knife hand block

FWD Side kick, reverse side kick, Land L stance, forearm guarding block

BWD Walking stance, high double forearm block

FWD Front kick, turning kick (same leg), land L stance, forearm guarding block

BWD L stance, upward palm heel block

FWD Bending stance, side kick, land in walking stance, front elbow strike (38)

BWD Walking stance, X-fist pressing block

FWD & BWD Turning kick, reverse turning kick (360°), land L stance, forearm guarding block

PATTERNS

Student's choice (not grade pattern)

Examiner's choice

Yul Gok

3 Step Sparring - Numbers 5 & 6

Power Test

Choice of hand or foot technique

Free sparring



4th Kup

FWD First 3 moves of Joong Gun

BWD Walking stance, pressing block (32)

FWD Turning kick, side kick (same leg) land L stance, forearm guarding block

BWD L stance, high back fist side strike, release slipping front foot into walking stance, high reverse punch (32)

FWD Walking stance, double forearm block, pull back into L stance, side punch (32)

BWD L stance, outer forearm waist block

FWD Side kick, hooking kick (same leg) land L stance, forearm guarding block

BWD L stance, knife hand guarding block, slip front foot into walking stance, upper elbow strike (32)

FWD Turning kick, reverse side kick, land L stance, forearm guarding block

BWD Fixed stance, U shaped block

PATTERNS

Student's choice (not grade pattern)

Examiner's choice

Joong Gun

3 Step Sparring numbers 7 & 8

1 Step Sparring

Power Test - Choice of hand or foot technique

Free sparring



3rd Kup

FWD Side kick, spin into L stance, knife hand strike

BWD L stance, low knife hand guarding block, slip front foot into walking stance circular block (37)

FWD Front leg hook kick side kick, rear leg turning kick, land L stance, knife hand guarding block

BWD Sitting stance, W shape block

FWD L stance, Knife hand guarding block, front leg front kick, land in walking stance, high flat finger tip thrust (37)

BWD Walking stance, X-fist pressing block, twin vertical punch

FWD Turning kick reverse turning kick (180°), land L stance, forearm guarding block

BWD L stance, low section double forearm block, slip the front foot into walking stance, high grab (37)

FWD Turning kick, downward kick (same leg), land L stance, forearm guarding block

BWD First 2 moves of Toi Gye

PATTERNS

Student's choice (not grade pattern)

Examiner's choice x 2

Toi Gye

2 Step Sparring numbers 1 - 3

1 Step Sparring

Power Test - Choice of hand or foot technique

Free sparring

2nd Kup

<p>FWD Double side kick (same leg), land L stance, knife hand guarding block</p> <p>BWD Walking stance, high twin vertical punch</p> <p>FWD Double turning kick (same leg), land L stance, forearm guarding block</p> <p>BWD Walking stance, pressing block (normal speed)</p> <p>FWD Walking stance, middle obverse punch, pull up and release, front leg side kick, land L stance, knife hand strike (29)</p> <p>BWD Walking stance, X fist pressing block – X fist rising block</p> <p>FWD Side kick, reverse side kick, land walking stance, reverse punch, pull back L stance, forearm guarding block</p> <p>BWD L stance, twin forearm block, upward punch, slide into fixed stance, punch, pull back into vertical stance, downward knife hand strike (29)</p> <p>FWD Front kick, turning kick (same leg), rear leg reverse turning kick (180°) land L stance, knife hand guarding block</p>	<p>BWD L stance, obverse middle punch, slip front foot into walking stance, X fist pressing block (29)</p> <p>2 kicks each leg Jumping front kick off back leg</p> <p>2 kicks each leg Jumping turning kick off back leg</p> <p>2 kicks each leg Jumping side kick off front leg</p> <p>2 kicks each leg Jumping reverse side kick</p> <p>Patterns Student's choice pattern (Not grade pattern) Examiner's choice x 2 Hwa Rang</p> <p>Power Test - Choice of hand or foot technique</p> <p>Pattern Application x 3 Pattern technique demonstrations</p> <p>Self Defence</p> <p>Sparring 2 Step Sparring numbers 4 – 6 1 step sparring</p> <p>Free sparring – (incl 2 on 1)</p>
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