

2nd Kup

FWD Double side kick (same leg), land L stance, knife hand guarding block BWD Walking stance, high twin vertical punch FWD Double turning kick (same leg), land L stance, forearm guarding block BWD Walking stance, pressing block (normal speed) FWD Walking stance, middle obverse punch, pull up and release, front leg side kick, land L stance, knife hand strike (29) BWD Walking stance, X fist pressing block – X fist rising block FWD Side kick, reverse side kick, land walking stance, reverse punch, pull back L stance, forearm guarding block BWD L stance, twin forearm block, upward punch, slide into fixed stance, punch, pull back into vertical stance, downward knife hand strike (29)	FWD Front kick, turning kick (same leg), rear leg reverse turning kick (180°) land L stance, knife hand guarding block BWD L stance, obverse middle punch, slip front foot into walking stance, X fist pressing block (29) 2 kicks each leg Jumping front kick off back leg 2 kicks each leg Jumping turning kick off back leg 2 kicks each leg Jumping side kick off front leg 2 kicks each leg Jumping reverse side kick Patterns Student's choice pattern Not grade pattern Examiner's choice patterns x 2 Hwa Rang Sparring Set sparring examiner's choice 1 step sparring (Advanced) Free sparring
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