

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

Sparring

2 step sparring 1-3

3 step semi free sparring **Intermediate**

Free sparring