

## **1st Kup Criteria**

### **Physical**

Press Ups 2 x 65 / 1 x 100

Sit Ups 2 x 65

Burpees 1 x 100 / 2 x 60

1minute each of : Jumping Jacks, Butt Kicks, High Knees, Bounding, Jogging on spot

### **Technical**

#### **New Techniques**

Please note: Starting positions must be given for all techniques performed  
All techniques performed 4 times fwd & bkwd

High Front Knife Hand Strike (purpose of other hand)

Flying Side Kick

L Stance Reverse Low Block

Back Kick

360° Jump

Middle Front Block

Sitting Stance High Side Back fist

Twin Upward Palm Block

Difference between movement 21 in Choong Moo & Movement 28 Toi Gye

L Stance X Knife Hand

100 x Turning Kick Each Leg

100 x Side Kick Each Leg

#### **Main Grade**

Choong Moo

Hwa Rang

Toi Gye

Joon Goon

Yul Gok

Won Hyo

Do San

Dan Gun

Chon-Ji

4 Directional Punching

4 Directional Blocking

3 Step Fixed

3 Step Semi Free

2 Step fixed

- Measure up attacking & Defending
- Ensure two of your own included

#### **Theory paper**

**Questions asked from it....**