

2nd Kup Criteria

Physical

Press Ups 2 x 60

Sit Ups 2 x 60

Burpees 1 x 75

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

Pushing Block

Upward Punch

Downward Knife Hand Strike

Purpose of Movement 11&12 - demonstrate

High Turning Kick Ball of foot

Obverse punch in L stance

Difference between pressing blocks in Toi Gye & Hwa Rang

Side Elbow Strike – Difference to Toi Gye

Side Front Block/ Forearm Down – difference between movement 3 in Toi Gye

80 x Turning Kick Each Leg

80 x Side Kick Each Leg

Main Grade

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....