

### **3rd Kup Criteria**

#### **Physical**

Press Ups 2 x 55

Sit Ups 2 x 55

Burpees 1 x 70

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

Low Knife hand Upset Thrust

High Backfist/ Low Side Downward

X Fist Pressing Block

Twin Side Elbow Thrust

W Shape Block

Low Double Forearm Pushing Block

Knee Strike

High Finger Tip Thrust

High Back Strike Low Block

Low Knife Hand

70 x Turning Kick Each Leg

70 x Side Kick Each Leg

##### **Main Grade**

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....**