

## **4th Kup Criteria**

### **Physical**

Press Ups 2 x 50

Sit Ups 2 x 50

Burpees 1 x 65

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

Reverse Knife Hand block

Rear foot stance

Upper Elbow

Twin Vertical Punch

Twin Upset Punch

X Fist Rising Block

Release from back fist

Pressing Block

Low stance

Angle Punch

U shape Block

70 x Turning Kick Each Leg

70 x Side Kick Each Leg

#### **Main Grade**

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....**