

5th Kup Criteria

Physical

Press Ups 2 x 45

Sit Ups 2 x 45

Burpees 1 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

Measure

Hooking Block

Elbow Strike

Ready Stance A

Twin Knife Hand

X Stance

Walking stance Leap to X stance Back fist

Double Forearm Block

60 x Turning Kick Each Leg

60 x Side Kick Each Leg

Main Grade

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....