

## **7th Kup Criteria**

### **Physical**

Press Ups 2 x 35

Sit Ups 2 x 35

Burpees 1 x 50

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

Outer Forearm High Side Block

Straight Finger Tip Thrust

Release

Back Fist

Wedging Block

Obverse Reverse Punch

40 x Turning Kick each leg

#### **Main Grade**

Do San

Dan Gun

Chon-Ji

4 Directional Punching

4 Directional Blocking

3 Step Fixed

3 Step Semi Free

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

#### **Theory paper**

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