

8th Kup Criteria

Physical

Press Ups 2 x 30

Sit Ups 2 x 30

Burpees 1 x 40

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

Knife hand Guarding Block

Knife hand side strike

Sections of the Body

High Punch

Twin Forearm Block

Low Front snap kick, Obverse reverse punch

Side Piercing Kick

Low Block, Rising Block

- Two Breaths
- One Breath

Main Grade

Dan Gun

Chon-Ji

4 Directional Punching

4 Directional Blocking

3 Step Fixed

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

Theory paper

Questions asked from it....