

9th Kup Criteria

Physical

Press Ups 2 x 20

Sit Ups 2 x 20

Burpees 1 x 30

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

L stance – dimensions

Reverse Punch

Main Grade

Sitting Stance Double Punch

Forefist Punch (attacking Tool)

Low section Block (blocking Tool)

Inner Forearm Block

Outer Forearm Block

L stance Inner forearm block

L stance inner forearm block, Reverse Punch

Low block inner forearm block

Front snap kick obverse reverse punch

4 Directional Punching

4 Directional Blocking

Chon-Ji Tul

Theory paper

Questions asked from it....