

10TH KUP - White Belt and Ninjas just moved up

STATIC

Sitting stance front punch

From a Walking Ready Stance Position

Front rising kick

STATIC

10 Press ups

Forward & Backward

Walking stance middle punch

FWD & BWD

Walking stance low block reverse punch

FWD & BWD

Walking stance middle block reverse punch

4 directional punch 1 & 2

Children - just right leg only

Adults - Right leg then left leg

Theory

9TH KUP White belt yellow Stripe

STATIC

Sitting stance double punch

STATIC

Front snap kick walking ready stance

FWD & BWD

Walking stance double punch

FWD & BWD

L stance middle block

FWD & BWD

L stance knife hand strike

FWD & BWD

Walking stance low block rising block

PATTERN

Chon Ji

Theory

8TH KUP Yellow Belt

FWD & BWD

Twin forearm block

FWD

Front kick double punch

BWD

L stance inward block

FWD

Turning kick knife hand guarding block

BWD

Forearm guarding block

PATTERN

Dan Gun

Theory

7TH KUP Yellow Belt Green Stripe

FWD & BWD

Walking stance high section backfist side strike

FWD

Turning kick knife hand guarding block

BWD

Walking stance wedging block

FWD

Side kick guarding block

BWD

Knife hand guarding block

FWD

Straight fingertip thrust

BWD

Forearm guarding block

PATTERN

Do San

Theory

6TH KUP Green Belt

FWD

Front snap kick double punch

BWD

Low block rising block reverse punch

FWD

Turning kick, walking stance back fist side strike

BWD

Side punch, fixed stance

FWD

Side kick, L stance knife hand strike

BWD

Inward middle palm block L stance

FWD

Side kick, reverse side kick guarding block

BWD

Walking stance circular block middle punch

PATTERN

Won Hyo

Theory

5TH KUP Green belt Blue Stripe

FWD

Ws High hooking block (twice), obverse middle punch

BWD

LS twin knifehand block

FWD

Side Kick, Turn Kick, land KHGB

BWD

WS high double forearm block

FWD

Reverse side kick, step forward palm heel strike

BWD

LS upward palm block

FWD

Side kick land front elbow strike

BWD

WS low X-fist pressing block

FWD & BWD

TK, RTK land guarding block

PATTERNS x 2

Examiner's choice

Yul Gok

SPARRING

Free sparring

Theory

4TH KUP Blue Belt

FWD

First 3 moves of Joong Gun

BWD

WS pressing block

FWD

Front kick, turning kick guarding block

BWD

First 3 moves of Won Hyo

FWD

Circular block, front kick, reverse punch (from Won Hyo)

BWD

LS outer forearm waist block

FWD

Turning kick, LS side fist strike

BWD

LS knifehand guarding block slip front foot into WS upper elbow strike

FWD

Turning kick reverse side kick

BWD

LS palm waist block

PATTERNS

Student's choice (not grade pattern)

Examiner's choice

Joong Gun

SPARRING

Free sparring

Theory

3RD KUP Blue Belt Red Stripe

FWD

Front kick, turning kick knifehand guarding block

BWD

Ls low KHGB slip front foot WS circular block

FWD

Side kick, spin LS knifehand strike

BWD

WS twin upset punch

FWD

KHGB, FL front kick WS flat fingertip thrust

BWD

WS X-fist pressing block, twin vertical punch

FWD

Turning kick, reverse turning kick guarding block

BWD

LS Inward outer forearm block, front backfist strike

FWD

Turning kick, hooking kick combination (same leg), guarding block

BWD

First 2 moves from Toi Gye

PATTERNS

Student's choice (not grade pattern)

Examiner's choice

Toi Gye

SPARRING

Free sparring

Theory

2ND KUP Red Belt

FWD LS obverse middle punch	FWD Turning kick reverse turning kick (360°)
BWD WS high twin vertical punch	BWD LS high back fist strike release, reverse punch
FWD Double turning kick	STATIC 2 kicks each leg Jumping front kick off back leg
BWD WS pressing block	2 kicks each leg Jumping turning kick off back leg
FWD WS high flat fingertip thrust	2 kicks each leg Jumping back kick off back leg
BWD WS low X fist pressing block – x fist rising block	PATTERNS Examiner's choice x 3 Hwa Rang
FWD Side kick reverse side kick reverse punch	SET SPARRING 1 step sparring
BWD WS double forearm block	Free sparring
FWD First 3 moves of Joong Gun	Theory
BWD First 3 moves of Won Hyo	

1st KUP Red belt Black Stripe going for Black Belt

FWD	Low block, rising block, reverse punch
BWD	Knife hand, guarding block, upper elbow
FWD	RL, front kick, turning kick, double punch
BWD	Double forearm block, middle WS, then low LS
FWD	Side kick, back kick, reverse punch
BWD	First 3 moves Won Hyo
FWD punch	Turning kick, reverse turning kick, lead hand ridgehand, reverse
BWD	First 2 moves Toi Gye
FWD	FL, hook kick, side kick, comb, RL, axe kick
BWD block	Double hooking block, obverse punch, then twin knife hand
FWD	Knife hand guarding block, FL front kick, flat fingertip thrust
BWD	U shaped block, fixed stance
FWD	Jumping side kick, rear leg, with step
BWD	Wedging block, then knifehand strike LS
FWD	Jumping front kick without step, then pressing block, low stance
BWD	X fist pressing block, X fist rising block

PATTERNS

All Patterns so far
Choong Moo

SET SPARRING

3 step sparring or 2 step sparring

1 step sparring

Free Sparring

Theory