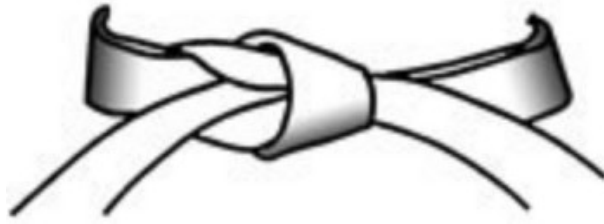


# 10th Kup White Belt



**Move left leg into sitting stance, making single punch with left hand. Make 10 single punches counting out loud**

**Right leg back into walking ready stance. Make 10 front leg raising kicks on the right leg. Change stance to left leg walking stance. make walking ready stance. Make 10 front leg raising kicks on the left leg**

**10 press up's then stand up**

**FWD/BKWD walking stance punch**

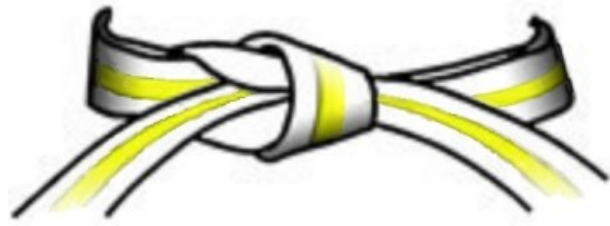
**FWD/BKWD Middle block reverse punch**

**FWD/BKWD Low block reverse punch**

**SAJU JIRUGI**

**Questions**

# 9th Kup Yellow Tag



**Move left leg into sitting stance, making single punch with left hand. Make 5 double punches. single punch. Make 5 double punches**

**FWD walking stance middle block reverse punch**

**BKWD walking stance low block reverse punch**

**FWD front kick land walking stance double punch**

**BKWD walking stance double punch**

**FWD walking stance Low Block, Rising block**

**BKWD L stance forearm guarding block**

**FWD L Stance Middle Block**

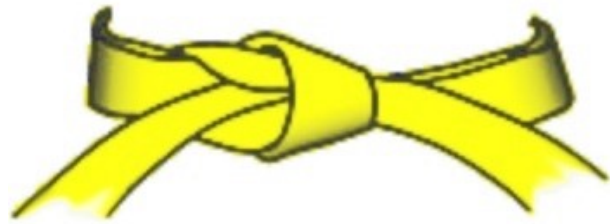
**BKWD L Stance Knife-Hand Strike**

**SAJU JIRUGI**

**CHON-JI**

**Questions**

# 8th Kup Yellow Belt



**FWD walking stance Low block rising block**

**BKWD walking stance Low block, rising block, reverse punch**

**FWD front kick land walking stance double punch**

**BKWD L Stance Knife-hand guarding block**

**FWD L Stance Inward moving block**

**BKWD L Stance Inward moving block back fist strike**

**FWD L stance turning kick, land Forearm Guarding block**

**BKWD L Stance Twin outer forearm block**

**CHON JI  
DAN GUN**

**3 Step Sparring 1-4**

**Questions**

# 7th Kup Green Tag



**FWD/BKWD walking stance Outer forearm block rev  
punch from Do San**

**FWD/BKWD walking stance straight finger tip thrust**

**FWD walking stance Wedging block**

**BKWD walking stance Back-fist strike walking stance**

**FWD Turning kick land L Stance Knife hand guarding  
block**

**BKWD L Stance Knife-hand strike**

**FWD Side Kick land L Stance Forearm Guarding block**

**BKWD L Stance Twin Forearm Block**

**DAN GUN**

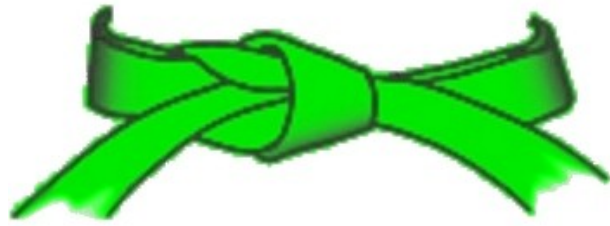
**DO SAN**

**Semi Free Sparring (Basic)**

**3 Step Sparring 5-7**

**Questions**

# 6th Kup Green Belt



**FWD/BKWD 1st Three moves from Won Hyo**

**FWD walking stance Circular block, front kick land reverse punch**

**BKWD walking stance Wedging block**

**FWD Front kick land walking stance double punch**

**BKWD L Stance Knife-hand guarding block**

**FWD Turning kick L Stance guarding block**

**BKWD L stance knife-hand strike**

**FWD move back leg up into bending ready stance, make Side Kick land L Stance Knife hand guarding block**

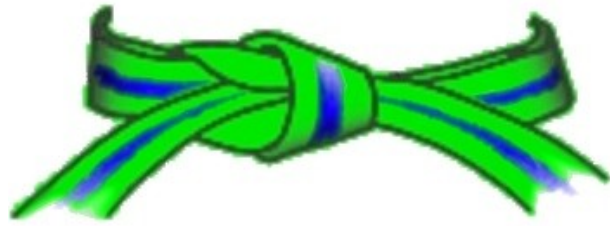
**BKWD L Stance Palm pushing block from No 9 Three step sparring**

**DO SAN  
WON HYO**

**3 Step Sparring 8-10  
Semi Free Sparring (Intermediate)**

**Questions**

# 5th Kup Blue Tag



**FWD Walking Stance low block rising block reverse punch**

**BKWD L Stance Twin knife-hand block**

**FWD Side kick land L Stance Knife-hand strike**

**BKWD L Stance Knife-hand strike**

**FWD Walking Stance Hooking block, hooking block obverse punch**

**BKWD walking stance twin vertical punch**

**FWD walking stance low x fist pressing block twin high vertical punch**

**BKWD walking stance wedging block**

**FWD/ BKWD L Stance Upward palm heel pushing block**

**FWD Walking Stance Fingertip Trust**

**BKWD walking stance Double Forearm Block**

**DAN GUN**

**CHOICE PATTERN**

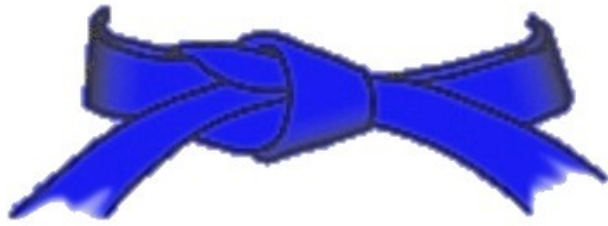
**YUL GOK**

**2 Step Sparring 1-4**

**Semi Free Sparring (Intermediate)**

**Questions**

# 4th Kup Blue Belt



**FWD walking stance Circular block**

**BKWD walking stance Wedging block**

**FWD walking stance X pressing block Twin vertical punch**

**BKWD L Stance Palm heel pushing block**

**FWD L Stance Knife hand guarding block, slip out the front foot into walking stance make upper elbow strike**

**BKWD L Stance Back fist strike**

**FWD Turning kick, back kick land L Stance Forearm guarding block**

**BKWD walking stance Double forearm block**

**FWD walking stance Fingertip thrust**

**BKWD walking stance Twin upset punch**

**Choice Pattern**

**DAN GUN**

**YUL GOK**

**JOONG GUN**

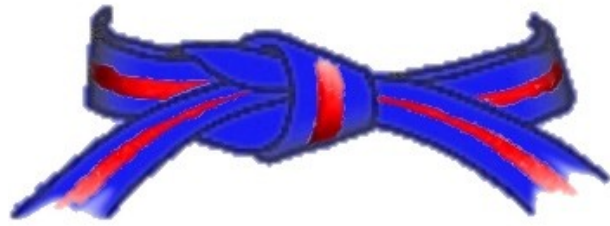
**2 Step Sparring 4-8**

**Semi Free Sparring (Advanced)**

**Free Sparring 2 Rounds**

**Questions**

# 3rd Kup Red Tag



**FWD Walking Stance Wedging block front kick double punch**

**BKWD Walking Stance X pressing block twin vertical punch**

**FWD Walking Stance Upset fingertip thrust**

**BKWD Walking stance double forearm block**

**FWD 1st three moves from won hyo**

**BKWD L Stance side fist strike**

**FWD/BKWD sitting stance W shape block**

**FWD L Stance inward block back fist strike**

**BKWD fixed stance Side punch**

**FWD L Stance Front kick turning kick combo, same leg**

**BKWD L Stance low knife-hand guarding block**

**Student Choice Pattern**

**Instructor Choice Pattern**

**TOI GYE**

**2 Step Sparring 4-8**

**1 Step Sparring**

**Free Sparring 2 Rounds**

**Questions**



# 2nd Kup Red Belt



**FWD L stance knife hand guarding block, slip front foot into walking stance making upward elbow strike**

**BKWD L Stance Palm heel pushing block**

**FWD 1st 3 moves of WON HYO**

**BKWD walking stance Circular block**

**FWD Turning kick rev turning kick combo, land forearm guarding block**

**BKWD fixed stance side punch**

**FWD walking stance Hooking block x2 punch**

**BKWD walking stance Upset finger tip thrust**

**On spot jump front kick**

**Student Choice Pattern**

**Won Hyo**

**Yul Gok**

**Hwa Rang**

**2 Step Sparring**

**1 Step Sparring**

**Free Sparring 2 Rounds**

**Questions**

# 1st Kup Black Tag



**FWD walking stance low block rising block reverse punch**

**BKWD L Stance Knife hand guarding block, slide out into Walking stance upper elbow strike**

**FWD Rear leg Front kick, Turning kick double punch, same leg**

**BKWD Walking stance double forearm block, L Stance Low Double forearm Block**

**FWD rear leg Side Kick, back kick reverse punch,**

**BKWD first three moves from Won Hyo**

**FWD Rear leg turning kick reverse kick, lead hand ridge hand reverse punch**

**BKWD First two moves from Toi Gye**

**FWD Front Leg Hook kick, side kick, rear leg Axe Kick**

**BKWD Walking stance double hooking block obverse punch, then Knife hand block**

**FWD Knife hand guarding block front leg front kick, flat fingertip thrust**

**BKWD Fixed stance U Shaped block**

**FWD Rear Leg Jumping side kick , with step**

**BKWD Walking stance Wedging block, then L Stance Knife hand strike**

**FWD Rear Leg Jumping front kick on spot, Low Stance Pressing block**

**BKWD Walking stance X Fist pressing block, X Fist Rising Block**

**Student Choice Pattern (excluding grading pattern)**

**Examiner Choice Pattern (excluding grading pattern)**

**Examiner Choice Pattern (excluding grading pattern)**

**Chong Moo**

**3 Step Sparring or 2 Step Sparring**

**1 Step Sparring**

**Free Sparring 2 Rounds**

**Questions**

# 1st Dan Black Belt



**FWD L Stance, low Knife hand guarding block, slip front leg into walking stance, circular block**

**BKWD Walking stance double forearm block, Reverse low block**

**FWD Rear Leg double turning kick, reverse punch**

**BKWD Fixed stance twin horizontal punch**

**FWD rear leg low, middle side kick land in L Stance, inward knife hand strike**

**BKWD L Stance U Shaped grasping block (Po Eun)**

**FWD Rear Leg jumping turning kick land walking stance pressing block (normal speed)**

**BKWD X Knife hand block, then L Stance Single upset punch (opposite hand to shoulder)**

**FWD Twist kick land walking stance double punch**

**BKWD walking stance No 9 Shaped block**

**FWD Turning Kick, Jump Side Kick, walking stance Twin vertical punch, pull back guarding block**

**BKWD Walking stance rising block, low block, double arc hand block (Gae Baek)**

**FWD Front leg hook kick, turning kick, rear leg axe kick, reverse punch**

**BKWD Jumping back kick, walking stance wedging block, inner forearm**

**Student Choice Pattern (excluding grading pattern)**

**Examiner Choice Pattern (excluding grading pattern)**

**Kwang Gae, Po Eun, Gae Baek**

**3 Step Sparring or 2 Step Sparring**

**1 Step Sparring**

**Free Sparring 2 Rounds**

**Questions**

# 2nd Dan Black Belt



**FWD double side kick, spinning back kick, lead hand ridgehand, change legs**

**BKWD First 4 moves from pattern (from Ko Dang)**

**FWD Front Leg hook kick / side kick combination, rear leg axe kick, reverse punch**

**BKWD double inwards knifehand high section strike (from Ko Dang)**

**FWD hooking kick, crosscut strike, guarding block (from Ko Dang)**

**BKWD wedging block, circular block, downward double palm block, obverse punch, inward low section ridgehand (from Eui Am)**

**FWD rear leg front kick, turning kick, axe kick combo same leg, reverse punch, lead hand ridgehand**

**BKWD double pressing palm block, L Stance high inward block back fist strike**

**FWD Jumping reverse turning kick 4 times then knifehand strike, elbow slipping front foot**

**BKWD downward backhand, L Stance opposite hand punch, then reverse knifehand block low, No 9**

**FWD front kick reverse arc hand strike (from Chong Jang)**

**BKWD low knife hand block, reverse palm strike in walking stance**

**FWD Twist Kick, X downward block, reverse knifehand rising block, guard with kicking leg forward (from Eui Am)**

**BKWD Downward elbow the downward outer forearm block (from Ko Dang)**

**FWD Jumping side kick with step.**

**BKWD Jumping back kick 4 times, then twin knifehand strike in walking stance (from Choong Jang)**

**Student Choice Pattern (excluding grading pattern)**

**Examiner Choice Pattern—Coloured Belt and 1st Dan  
Ko Dang, Choong Jang, Eui AM**

**3 Step Sparring or 2 Step Sparring**

**1 Step Sparring**

**Free Sparring 2 Rounds**

**Questions**

# 3rd Dan Black Belt



**FWD Double side kick, spinning back kick, lead hand ridgehand, change legs**

**BKWD X-fist pressing block, X-fist rising block, twist hands and reverse punch  
(from Yoo Sin)**

**FWD Front leg hook kick side kick, rear leg axe kick, reverse punch**

**BKWD Double forearm block, reverse low block (from Yoo Sin)**

**FWD Back hand strike LS crescent kick hitting palm, side kick same leg BHS**

**BKWD U-Shaped punch**

**FWD Rear leg front kick, turning kick , axe kick same leg reverse punch, Lead hand  
ridgehand**

**BKWD Twin punch low section (from Sam Il)**

**FWD Jumping reverse turning kick 4 times then knifehand strike, elbow slipping  
front foot**

**BKWD L Stance Low outer forearm block, obverse punch and punch over shoulder  
(from Sam Il)**

**FWD Turning side kick combination front elbow strike, guard**

**BKWD reverse inward outer forearm block, obverse punch (from Sam Il)**

**FWD Twist kick, X-fist pressing block reverse knifehand rising block, guard with  
kicking leg forward**

**BKWD Knifehand rising block, circular block, obverse punch (from Choi Yong)**

**FWD Jumping side kick with a step**

**BKWD Jumping back kick 4 times, then twin knifehand strike (from Choong Jang)**

**Student Choice Pattern (excluding grading pattern)**

**Examiner Choice Pattern—Coloured Belt and 1st Dan and 2nd Dan**

**Yoo Sin, Choi Yong, Sam Il**

**3 Step Sparring or 2 Step Sparring**

**1 Step Sparring**

**Free Sparring 2 Rounds**

**Questions**

# 4th Dan Black Belt



**Forward movements from 1st to 3rd Dan Basics**  
**Some Backward moves from 1st to 3rd Dan Basics**  
**Extra Backward movements**

**BKWD reverse pressing block (from Se Jong)**

**BKWD Inward outer forearm block in rear foot stance, slip rear leg backwards to walking stance inward palm block ( from Tong Il)**

**BKWD Double reverse knife hand block (from Tong Il)**

**BKWD Obverse underfist strike, reverse palm strike (from Tong Il)**

**BKWD High reverse knife hand strike, opposite hand in front of head (from Ul Ji)**

**Student Choice Pattern (excluding grading pattern)**

**Examiner Choice Pattern—Coloured Belt and 1st Dan, 2nd and 3rd Dan**  
**Se Jong, Tong Il Ul Ji**

**3 Step Sparring or 2 Step Sparring**

**1 Step Sparring**

**Free Sparring 2 Rounds**

**Questions**