



## BLUE 1 - 6th Gup Junior

### **FORMWORK: TAEGEUK 3 - SAM JANG**

#### **KICKING TECHNIQUES**

Right Leg Back, Fighting Stance

1. Front Kick, Running Front Kick
2. Side Kick, Step Side Kick
3. Round House Kick, Step Round House Kick

#### **STEP SPARRING - Attack in Front Stance**

1. Lower Punch
2. Body Punch
3. Face Punch

(1 Step with Partner) Defend in Back Stance

Lower Punch + 1-3 Own Techs

Body Block + 1-3 Own Techs

Upper Block + 1- 3 Own Techs

#### **SELF DEFENCE**

1. Knife Attack - Middle
2. Club Attack - Over Head
3. Double Lapel
4. Double Wrist

### **SPARRING**

2 Rounds (No Contact)

#### **TERMINOLOGY**

Front Stance - Ap Gubi

Back Stance - Dir Gubi

Cat Stance - Bom Sogi

Front Kick - Ap Chagi

Side Kick - Yop Chagi

Round House Kick - Dolyo Chag

태극 삼장

TAEGEUK 3 - SAM JANG

Ri - Fire .... Keeness and Enthusiasm (Performed by Chris Pearson)



Begin  
Junbi Stance



Low Block  
Walking Stance



Front Kick



Middle Punch  
Front Stance



Reverse Punch  
Front Stance



Low Block  
Walking  
Stance



Front Kick



Middle Punch  
Front Stance



Reverse Punch  
Front Stance



Knife Hand  
Strike  
Walking Stance



Knife Hand  
Strike  
Walking Stance



Knife Hand  
Block  
Back Stance



Grab  
Back Stance



Reverse Punch  
Front Stance



Knife Hand  
Block  
Back Stance



Grab  
Back Stance



Reverse Punch  
Front Stance



Middle Block  
Walking  
Stance



Middle Block  
Walking  
Stance



(turn 270  
degrees)  
Low Block  
Walking Stance



Front Kick



Middle Punch  
Front Stance



Reverse Punch  
Front Stance



Low Block  
Walking Stance



Front Kick



Front Punch  
Front Stance



Reverse Punch  
Front Stance



Low Block  
Walking Stance



Reverse Punch  
Walking Stance



Low Block  
Walking Stance



Reverse Punch  
Walking Stance



Front Kick



Low Block  
Walking Stance



Reverse Punch  
Walking Stance



Front Kick



Low Block  
Walking  
Stance



Reverse Punch  
Walking  
Stance



Finish  
Junbi Stance