



## BLUE 2 - 5th Gup Junior

### **FORMWORK: TAEGEUK 4 - SA JANG**

#### **KICKING TECHNIQUES**

1. Round House Kick, Turn Round House Kick
2. Side Kick, Turn Back Kick
3. Front Kick, Jumping Front Kick

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

1. Right Body Punch
2. Right Body Punch
3. Right Body Punch

(1 Step Sparring) Defend in Back Stance

Inside Body + 1-3 Own

Minor Body + 1-3 Own

Double Knife Hand + 1-3 Own

#### **SELF DEFENCE**

1. Single Wrist
2. Double Wrist
3. Single Lapel
4. Belt Front

#### **KNIFE/CLUB ATTACK**

1. Knife Attack - Middle
2. Club Attack - Head
3. Club Attack - Across

#### **SPARRING**

3 Rounds (No Contact)

#### **TERMINOLOGY**

Cat Stance - Bom Sogi

Back Stance - Dit Gubi

Front Stance - Ap Gubi

Horse Riding Stance - Juchum Sogi

Side Kick - Yop Chagi

Round House Kick - Dolyo Chagi

Back Kick - Dit Chagi

태극사장

TAEGEUK 4 - SA JANG

Jin - Thunder .... Power and Confidence (Performed by Pablo Baldwin)



Begin  
Junbi Stance



Double Knife  
Block  
Back Stance



Palm Block  
Back Stance



Spearhand  
Strike  
Front Stance



Double Knife  
Block  
Back Stance



Palm Block  
Back Stance



Spearhand  
Strike  
Front Stance



High Block  
Knife Strike  
Front Stance



Front Kick



Reverse  
Punch  
Front Stance



Left Side  
Kick



Right Side  
Kick



Double Knife  
Block  
Back Stance



Outer Block  
Back Stance



Front Kick



Middle Block  
Back Stance



Outer Block  
Back Stance



Front Kick



Middle Block  
Back Stance



High Block  
Knife Strike  
Front Stance



Front Kick



Backfist  
Strike  
Front Stance



Middle Block  
Walking  
Stance



Reverse  
Punch  
Walking  
Stance



Middle Block  
Walking  
Stance



Reverse  
Punch  
Walking  
Stance



Middle Block  
Front Stance



Reverse  
Punch  
Front Stance



Middle Punch  
Front Stance



Middle Block  
Front Stance



Reverse  
Punch  
Front Stance



Middle Punch  
Front Stance



Finish  
Junbi Stance