



BLUE 3 - 4th Gup Junior

FORMWORK: TAEGEUK 5 - O JANG

KICKING TECHNIQUES

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

STEP SPARRING

Attack in Front Stance

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

(1 Step with Partner)

Defend in Back Stance

Lower Block, Pull Back, Hammer and Elbow

Double Knife Hand, Elbow In Horse Riding Stance

Upper Block, Palm Strike & Back Kick

SELF DEFENCE

1. Over Arm From behind
2. Over Arm From front
3. Full Nelsen
4. Double Wrist Grab
5. Double lapel

KNIFE/CLUB ATTACK

1. Knife Attack Middle
2. Club Over Head
3. Club across Body

SPARRING

3 Rounds (No Contact)

TERMINOLOGY

Cat Stance - Bom Sogi

Back Stance - Dit Gubl

Front Stance - Ap Gubi

Crane Stance - Hakdari Sogi

태극오장

TAEGEUK 5 - OH JANG

Seon - The Wind Fast and Powerful (Performed by Chris Pearson)



Begin
Junbi Stance



Low Block
Front Stance



Hammer Fist
Parallel
Stance



Low Block
Front Stance



Hammer Fist
Parallel
Stance



Middle Block
Front Stance



Middle Block
Front Stance



Front Kick



Back Fist
Front Stance



Middle Block
Front Stance



Front Kick



Back Fist
Front Stance



Middle Block
Front Stance



Back Fist
Front Stance



Knife Hand
Block
Back Stance



Elbow Strike
Front Stance



Knife Hand
Block
Back Stance



Elbow Strike
Front Stance



Low Block
Front Stance



Middle Block
Front Stance



Front Kick



Backfist
Strike
Front Stance



Middle Block
Front Stance



High Block
Front Stance



Side Kick
Back Fist



Elbow Strike
Front Stance



High Block
Front Stance



Side Kick
Back Fist



Elbow Strike
Front Stance



Low Block
Front Stance



Middle Block
Front Stance



Front Kick



Back Fist
X Stance



Finish
Junbi Stance