



RED 2 - 2nd Gup Junior

FORMWORK: TAGUEUK 7 - CHIL JANG

KICKING & HAND TECHNIQUES

1. Right Leg Back Stance, Double Knife Hand, Right Front Kick, Double Punch
2. Right Back Stance Double Low Knife Hand Block, Step Left Foot Forward Front Stance Cleaving Body Block, Right Front Kick, Double Punch
3. Fighting Stance, Right Spinning Heel Kick, Right Front Kick landing forward, Right Jumping Axe Kick

STEP SPARRING - Attack

1. Centre Punch
2. Face Punch
3. Front Kick

Defend

Double Knife Hand Block, Right Palm Strike + 2 of own choice

Left Knife Hand Upper Block, Right Kal Jaebi + 2 of your choice

Step out to the side with Right Leg Back, Left Front Kick, Right Jumping Front Kick + 2 of your choice

SELF DEFENCE

1. Throat Front
2. Over Arms Front
3. Under Arms Back
4. Throat Behind
5. Over Arms Back
6. Head Lock

KNIFE ATTACK

1. Knife Attack Under
2. Knife Attack Front Chest
3. Knife Attach Slashing Across

CLUB ATTACK

1. Over Head
2. Swinging Across The Body

SPARRING

3 Rounds (No Contact)

TERMINOLOGY

Fist - Jumok

Back Fist - Dung Jumok

Hammer Fist - Me Jumok

Face Punch - Oigul Jirugi

Knift Hand - Sonnal

Spear Hand - Pyon Songut

Palm Strike - Batangson

Jump Kick - Ddio Chagi

Running Kick - Gullo Chagi

Continuous Kick - Godup Chagi

Gan - The Mountain Stable and Confident (Performed by Chris Pearson)



Begin
Junbi Stance



Palm Heel Block
Cat Stance



Front Kick



Middle Block
Cat Stance



Palm Heel Block
Cat Stance



Front Kick



Middle Block
Cat Stance



Low Double
Knife Block
Back Stance



Low Double
Knife Block
Back Stance



Middle Block
Cat Stance



Palm Block
Downwards
Cat Stance



Backfist
Strike
Cat Stance



Middle Block
Cat Stance



Palm Block
Downwards
Cat Stance



Backfist
Strike
Cat Stance



Pushing Punch
Attention
Stance



Scissors Block
Front Stance



Scissors Block
Front Stance



Scissors Block
Front Stance



Scissors Block
Front Stance



Wedging Block
Front Stance



Knee Strike



Double Upset
Punch
X Stance



X Block
Front Stance



Wedging Block
Front Stance



Knee Strike



Double Upset
Punch
X Stance



X Block
Front Stance



Backfist
Strike
Walking Stance



Crescent Kick



Elbow Strike
Horseriding
Stance



Backfist
Strike
Walking
Stance



Crescent Kick



Elbow Strike
Horseriding
Stance



Knife Hand
Block
Horseriding
Stance



Side Punch
Horseriding Stance



End
Junbi Stance