



RED 3 – 1st Gup Junior

FORMWORK: TAEGUEK 8 - PAL JANG

KICKING TECHNIQUES - Right Leg Back, Fighting Stance

1. Right Round House Body, Left Round House to Face, Right Spinning Heel Kick, Right Front Kick, Left Side Kick
2. Right Side Kick, Left Turning Side Kick, Right Continuous Front/Round House Kick Left Back Kick
3. Step up Left Axe Kick, Double Front Kick (right/left), Right Jumping Back Kick

STEP SPARRING Attack in Front Stance

1. Centre Punch
Right Outward Crescent Kick, Left Front Kick, Right Round House Kick, Left Back Kick, Right Kal Jaebi
2. Face Punch Left Upper Block, Right Body Punch, Left Knife Hand Strike to the Neck in Back Stance, Left Elbow Strike to Ribs in Horse Riding Stance
3. Front Kick Right Round House Kick, land Right Leg Back, Right Inside Crescent Kick, Left Turning Crescent Kick

SELF DEFENCE

1. Throat Front
2. Throat Back
3. Over Arm Back
4. Under Arm Front
5. Both Wrists
6. Both Lapels

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
Stance - Sogi
Blocking - Makgi
Kick - Chagi
Short Front Stance - Ap Sogi
Back Fist Strike to Face - Olgul Dung Jumok
Inward Palm Hand Body Block - Batangson
Momtong Makgi
Continuous Side Kick - Godup Yop Chagi
Right Elbow Side Strike - Orun Palgub Yop Chagi

BOARD BREAKING

- 1 Hand + 2 Feet (Own Choice)

태극 팔장

TAEGEUK 8 - PAL JANG

Gon - The earth..... Receptive of all Light (Performed by Kiraleigh Castleton)



Begin
Junbi Stance



Double Block
Back Stance



Reverse Punch
Front Stance



Front Kick



Jump Front Kick



Middle Block
Front Stance



Reverse Punch
Front Stance



Middle Punch
Front Stance



Middle Punch
Front Stance



Low/Outer
Block
Front Stance



Upset Punch
Front Stance



Low/Outer
Block
Front Stance



Upset Punch
Front Stance



Knife Hand
Block
Back Stance



Reverse Punch
Front Stance



Front Kick



Palm Heel
Block
Cat Stance



Knife Hand
Block
Cat Stance



Front Kick



Reverse Punch
Front Stance



Palm Heel
Block
Cat Stance



Knife Hand
Block
Cat Stance



Front Kick



Reverse Punch
Front Stance



Palm Heel
Block
Cat Stance



Double Low
Block
Back Stance



Front Kick



Jump Front
Kick



Middle Block
Front Stance



Reverse Punch
Front Stance



Middle Punch
Front Stance



Knifehand Block
Back Stance



Elbow Strike
Front Stance



Backfist Strike
Front Stance



Front Punch
Front Stance



Knifehand Block
Back Stance



Elbow Strike
Front Stance



Backfist Strike
Front Stance



Front Punch
Front Stance



Finish
Junbi Stance