



YELLOW 1 - 9th GUP SENIORS & JUNIORS

FORM WORK: BASIC PATTERN

HORSE RIDING STANCE - PUNCHES x 5

1. Body Punch
2. Face Punch
3. Double Punch

HORSE RIDING STANCE - BLOCKS x 5

1. Low Block
2. Body Block
3. Upper Block

RIGHT LEG BACK - KICKS x 5

1. Right Front Kick
2. Right Side Kick
3. Right Roundhouse Kick
4. Right Crescent Kick
5. Right Axe Kick

LEFT LEG BACK - KICKS x 5

1. Left Front Kick
2. Left Side Kick
3. Left Roundhouse Kick
4. Crescent Kick
5. Axe Kick

SELF DEFENCE

- Single Wrist Grab
- Double Wrist Grab
- Double Lapel

SPARRING

- 2 Rounds (No Contact)

TERMINOLOGY

- Horse Riding Stance - Juchum Sogi
- Front Kick - Ap Chagi
- Side Kick - Yop Chagi
- Roundhouse Kick - Dolyo Chagi
- Back Kick - Dit Chagi
- Front Stance - Ap Gubl