



YELLOW 3 - 7th Gup Junior

FORMWORK: TAEGEUK 2 - I JANG

SELF DEFENCE

1. Single Wrist
2. Double Wrist
3. Over Arm Front
4. Club Over Head

STEP SPARRING Attack in Front Stance
(1 Step with partner) Defend in Back Stance

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

Lower Block, Body Punch
Body Block, Palm Strike
Upper Block, Knife Hand

KICKS x 3

1. Front Kick
2. Round House Kick
3. Axe Kick
4. Step Up Round House Kick

SPARRING

2 Rounds (No Contact)

TERMINOLOGY

Cat Stance - Bom Sogi

F/Stance - Up Gubi

B/Stance - Dit Gubi

Body Block - Momtong Maki

Inside Body Block - Momtong An Makgi

Minor Outside Block - An Palmok Bakgat Makgi

태극이장

TAEGEUK 2 - EE JANG

Tae - Joy, the clear, a lake (Performed by Chris Pearson)



Begin
Junbi Stance



Low Block
Walking
Stance



Middle Punch
Front Stance



Low Block
Walking
Stance



Middle Punch
Front Stance



Middle Block
Walking
Stance



Middle Block
Walking
Stance



Low Block
Walking
Stance



Front Kick



High Punch
Front Stance



Low Block
Walking
Stance



Front Kick



High Punch
Front Stance



High Block
Walking
Stance



High Block
Walking
Stance



(turn 270 deg.)
Middle Block
Walking
Stance



Middle Block
Walking
Stance



Low Block
Walking
Stance



Front Kick



Middle Punch
Walking
Stance



Front Kick



Middle Punch
Walking
Stance



Front Kick



Middle Punch
Walking
Stance



Finish
Junbi Stance