

COVID-19 LOCKDOWN BLACK BELT GRADING 2020

1st KUP

- FWD** Walking stance, Low Block, Rising Block, Reverse Punch
- BWD** L Stance, Knife Hand Guarding Block, slip front foot, Walking Stance, Upper Elbow Strike (Joong Gun)
- FWD** Rear leg, Front Kick, Turning Kick (same leg), Land L Stance, Forearm Guarding Block
- BWD** First 3 moves of Won Hyo
- FWD** Rear leg, Side Kick, Reverse Side Kick, Land L Stance, Forearm Guarding Block (change legs half way through)
- BWD** Walking Stance, Double Hooking Block, Obverse Punch (Yul Gok)
- FWD** L Stance, Knife Hand Guarding Block, Front Leg Front Kick, land in Walking Stance, Obverse Flat Fingertip Thrust (Toi Gye)
- BWD** First 2 Moves Toi Gye
- FWD** Rear leg, Turning Kick, Reverse Turning Kick, (180), Land L Stance, Forearm Guarding Block (change legs half way through)
- BWD** Walking Stance, X Fist Pressing Block, Twin Vertical Punch (Toi Gye)
- STATIC** Jumping Front Kick, Jumping Side Kick
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Patterns

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| Examiner's choice patterns x 3 | All together |
| Choong Moo | All together |

Sparring

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|------------------------|-------------------------------|
| 3 Step Sparring (7-10) | As linework, attack & defence |
| 2 Step Sparring (5-8) | As linework, attack & defence |
| Free Sparring | Executed as shadow sparring |