



# Cheongye Kwan Daehando

## Kup Grading Test

### 1<sup>st</sup> Kup Red Belt Black Tag



#### STATIONARY

- 10 Star squats
- 20 Twisting sit-ups
- 30 Standing twisting punches in Sitting Stance

#### ADVANCE AND RETREAT

- 4 x Inner forearm wedging block
- 4 x Single leg low and high block
- 4 x Inner knifehand block in backstance with obverse and reverse punches
- 4 x Arc hand strikes
- 4 x Slip reverse kicks - 4 x 360 Bit Chagi - 2 x Bit Chagi, 360 Bit Chagi, Reverse kick

#### PATTERN

Taegeuk Pal Jang

#### SELF DEFENCE

Takedowns from two attackers

#### SPARRING

Freesparring with 2 attackers

#### WEAPON WORK

Basic Sword Pattern Number Three

#### COMBINATION BREAKS

Reverse punch and side kick break & Students choice of Combination break

#### TEACHING

Write an 800-1200 word essay on your personal changes from 10<sup>th</sup> to 1<sup>st</sup> Kup.  
Show an understanding of Korean Philosophy, history and tradition.