



# Cheongye Kwan Daehando

## Kup Grading Test

### 2<sup>nd</sup> Kup Red Belt

#### STATIONARY

20X Press ups  
20X Sit ups  
20X Squat Thrusts

#### ADVANCE AND RETREAT

4X Outer Forearm Wedging Block  
4X High Section Knifehand X Block  
4X Scissor Upper and Lower Palmheel Block

4X Bottom Fist Strikes

4X Step Reverse Kicks - 4X Slip Back Kicks - 4X Double 45' Kicks

#### PATTERN

Taegeuk Chil Jang

#### SELF-DEFENCE

Demonstrate 3 Standing Arm Locks (on both sides)

#### SPARRING

Freesparring with 2 Attackers

#### WEAPON WORK

Basic Sword Pattern Number Two

#### BREAKS

Suspended Reverse Punch & Suspended Turning Kick

#### KOREAN TERMINOLOGY & PHILOSOPHY

Combination of questions relating to Korean Language and Martial Arts Philosophy