



# Cheongye Kwan Daehando

## Kup Grading Test

### 3<sup>rd</sup> Kup Blue Belt Red Tag



#### **STATIONARY**

10X Scooping Press ups

10X v-sit Sit ups

10X Side Elbow Strike

#### **ADVANCE AND RETREAT**

4X Downward Palmheel Block

4X Reverse Mid Section Outer Knifehand Block

4X Upward Palmheel Block

4X Side Punches

4X Stepping back kicks

4X Turning Kick, Reverse Kicks

4X Slip 45' Kick, Axe Kicks

#### **PATTERN**

Taegeuk Ryuk Jang

#### **SELF-DEFENCE**

3 x Defence against Back Strangle attacks

#### **SPARRING**

Freesparring with 2 Attackers

#### **WEAPON WORK**

Basic Sword Pattern Number one

#### **BREAKS**

Backfist Strike & Back Kick

#### **KOREAN TERMINOLOGY & PHILOSOPHY**

Class use Korean language

Basic Martial Philosophy