



Cheongye Kwan Daehando

Kup Grading Test

4th Kup Blue Belt

STATIONARY

10X Clapping Press Ups
10X Double Punch Sit Ups

10X Outer Backfist Strike in Sitting Stance

ADVANCE AND RETREAT

4X Scissor Block
4X Mountain Block
4X Double Low Knifehand Block

4X Backfist Strike

4X Twin side Kicks
4X Front kick, Back Kicks
4X Hook Kick, Turning Kicks

PATTERN

Taegeuk Oh Jang

SELF-DEFENCE

3 x Defence against Front Strangle attacks

SPARRING

Freesparring

WEAPON WORK

Basic Tonfa Pattern Number Three

BREAKS

Ridgehand Strike & Turning Kick

KOREAN TERMINOLOGY AND PHILOSOPHY

Class use Korean language Basic Martial Philosophy