



Cheongye Kwan Daehando

Kup Grading Test

5th Kup Green Belt Blue Tag



STATIONARY

10X Straddle Jumps
10X Knuckle Push Ups

10X Inward nifehand Strike in sitting stance

ADVANCE AND RETREAT

4X Inner Mid Section Block then Low Section Block with Reverse punch
4X High section Knifehand block and reverse Knifehand strike
4X Reverse High Section Block with Palm Heel Strike

4X Ridgehand Strikes

4X Twisting Kicks

4X Reverse Kicks

PATTERN

Taegeuk Sa Jang

SELF DEFENCE

3 x Defence against Kicking attacks

SPARRING

Freesparring

WEAPON WORK

Basic Tonfa Pattern Number Two

BREAKS

Elbow Strike & Side Kick

KOREAN TERMINOLOGY AND PHILOSOPHY

Class use Korean language

Basic Martial Philosophy