



# Cheongye Kwan Daehando

## Kup Grading Test

### 5<sup>th</sup> 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