



Cheongye Kwan Daehando

Kup Grading Test

6th Kup Green Belt

STATIONARY

10X Burpies
10X Tuck Jumps

10X Palm Heel Strike in sitting stance

ADVANCE AND RETREAT

4X Palm Heel block with Reverse Punch
4X Double Guarding block with reverse punch
4X Outer Knifehand block with reverse punch

4X Knifehand Strike

4X Hook Kicks 4X Back Kicks

PATTERN

Taegeuk Sam Jang

SELF DEFENCE

3 x Defence against Hair Pulling attacks

SPARRING

Freesparring

WEAPON WORK

Basic Tonfa Pattern Number one

BREAKS

Palm Heel Strike & Front Kick

KOREAN TERMINOLOGY

Basic class use Korean language