

Cheongye Kwan Daehando



Kup Grading Test

8th Kup Yellow Belt

STATIONARY

10X Squat Thrusts
10X Sit Ups

20X Mid section punches in horse stance

ADVANCE AND RETREAT

4X Low Section block with reverse punch
4X Mid Section block with reverse punch
4X High Section block with reverse punch

4X Mid Section Punch with Reverse punch

4X 45° Kicks
4X Push Kicks

PATTERN

Taegeuk IL Jang

SELF DEFENCE

3 x Defence against Pushing attacks

SPARRING

1 for 1 using Basic kicks only

WEAPON WORK

Basic Nunchuku Pattern Number Two

KOREAN TERMINOLOGY

Basic class use Korean language