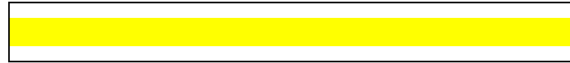




Cheongye Kwan Daehando

Kup Grading Test

9th Kup Yellow Tag



STATIONARY

10X Press Ups
10X Star Jumps

10X Mid Section Punches in Horse Riding Stance

ADVANCE AND RETREAT

4X Low Section Blocks
4X Mid Section Blocks
4X High Section Blocks

4X Mid Section Punches

4X Axe Kicks
4X Front Kicks

PATTERN

Kibbon Poomse

SELF DEFENCE

3 x Defence against Punch attacks

SPARRING

1 for 1 using Front kicks only

WEAPON WORK

Basic Nunchuku Pattern Number one

KOREAN TERMINOLOGY

Basic class use Korean language