



## 2nd Kup- Red Belt

<b>FWD</b> LS obverse middle punch	<b>FWD</b> Turning kick reverse turning kick (360°)
<b>BWD</b> WS high twin vertical punch	<b>BWD</b> LS high back fist strike release, reverse punch
<b>FWD</b> Double turning kick	<b>STATIC</b> <b>2 kicks each leg</b> Jumping front kick off back leg
<b>BWD</b> WS pressing block	<b>2 kicks each leg</b> Jumping turning kick off back leg
<b>FWD</b> WS high flat fingertip thrust	<b>2 kicks each leg</b> Jumping back kick off back leg
<b>BWD</b> WS low X fist pressing block – x fist rising block	<b>PATTERNS</b> Examiner's choice x 3
<b>FWD</b> Side kick reverse side kick reverse punch	Hwa Rang
<b>BWD</b> WS double forearm block	<b>SET SPARRING</b> Set sparring <b>examiner's choice</b>
<b>FWD</b> First 3 moves of Joong Gun	1 step sparring <b>Advanced</b>
<b>BWD</b> First 3 moves of Won Hyo	Free sparring