ADULT DEVELOPMENT PROGRAM
4th – 3rd Gup
Blue Belt to Red Tag

TECHNIQUES:

- Everything from Previous Test(s)
- Step Forward / Backward 4 Times: Rear Foot Stance, Upward Palm Block
- Step Forward / Backward 4 Times: Walking Stance High Reverse Upper Elbow Strike
- Step Forward / Backward 4 Times: Walking Stance High Twin Vertical Fore Fist Punch
- Step Forward 4 Times: Low Stance Palm Pressing Block
- Step Forward / Backward 4 Times: Walking Stance Rising X-Fist Block
- Step Forward / Backward 4 Times: Walking Stance Middle Twin Upset Fore Fist Punch

PATTERNS:

- 4 Direction Jumping Turning Kick (Both Legs)
- 4 Direction Back Piercing Kick (Both Legs)
- Joong-Gun Hyung

SPARRING

- One Point Free Sparring – Light Contact (Safety Equipment required).
- One Step Sparring (Basic)

LEG PLACEMENT: Hold out for a count of THREE

- 4 Direction Jumping Side Kick (Both Directions)

THEORY:

Answer the following Questions.   Anything From Pattern.   (Student MUST answer all questions correctly)
What is;

1. All HAND TECHNIQUES used at this grade (in Korean)?
2. Definition of Joong Gun Hyung?
3. Number of movements in Joong Gun Hyung?
4. All STANCES used at this grade (in Korean)?
5. Meaning of Blue Belt?
6. All FOT TECHNIQUES used at this grade (in Korean)?
7. Low Stance (in Korean)?
8. Dimensions of Parallel Stance (in Korean)?
9. Dimensions of Rear Foot Stance?
10. Blocking Tool for U Shaped Block(English and Korean)?
11. Write down Taekwon-Do in Korean?

SELF DEFENCE:

- Numbers 1 to 5 (Basic)
- Numbers 1 and 2 (Advanced)

DESTRUCTION:

- Reverse Turning Kick (Both Legs)
- Hooking Kick (Best Leg)
- Elbow (Both Arms)

APPLICATION OF TECHNIQUE:

- Give the meaning and explain the purpose of the following sequence of techniques:
  NACHUO SO SONBADAK NOOLO MAKGI
  GOJUNG SO DIGUTJA MAKGI
- Describe in your own words the relationship between Stability, both dynamic and static, correct stances and posture and the generation of power in Taekwon-Do.