

# ADULT DEVELOPMENT PROGRAM

## 6<sup>th</sup> – 5<sup>th</sup> Gup

### Green Belt to Blue Tag

#### TECHNIQUES:

Everything from Previous Test(s)

- Step Forward / Backward 4 Times: L-Stance, Twin Forearm Block, High Inward Knife-hand Strike, Fixed Stance Middle Obverse Punch
- Step Forward / Backward 4 Times: Fixed Stance Middle Obverse Fore Fist Front Punch
- Step Forward / Backward 4 Times: Walking Stance Outer Forearm Circular Block
- 2 Times each leg (Fast and Slow): Bending Ready Stance, Side Piercing Kick

#### PATTERNS:

- 4 Direction Jumping High Kick (Both Legs)
- 4 Direction Reverse Turning Kick (Both Legs)
- Won-Hyo Hyung

#### SPARRING

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

#### LEG PLACEMENT: Hold out for a count of THREE

- 4 Direction Reverse Turning Kick (Both Directions)

#### THEORY:

Answer the following Questions in Korean.

Anything From Pattern.

(Student **MUST** answer all questions correctly)

What is;

1. All HAND TECHNIQUES used at this grade (in Korean)?
2. Definition of Won Hyo Hyung?
3. Number of moves in Won Hyo?
4. All FOOT TECHNIQUES used at this grade (in Korean)?
5. Blocking Tool used in Circular Block (in English & Korean)?
6. All STANCES used at this grade (in Korean)?
7. Meaning of Green Belt?
8. Name of Starting Position of Won Hyo Hyung (in Korean)?
9. Attacking Tool for Reverse Turning Kick (English & Korean)?
10. Dimensions of an L-Stance?

#### SELF DEFENCE:

- Numbers 1 and 2 (Basic)

#### DESTRUCTION:

- Side Piercing Kick (1 Board) (Both Legs)
- Turning Kick (1 Board) (Best Leg)

#### APPLICATION OF TECHNIQUE:

- Give the meaning and explain the purpose of the following technique.  
KAUNDE SON SONKUT TULGI