

ADULT DEVELOPMENT PROGRAM

8th – 7th Gup

Yellow Belt to Green Tag

TECHNIQUES:

- Everything from Previous Test(s)
- Step Forward / Backward 4 Times: Walking Stance, High Obverse Fore Fist Front Punch
- Step Forward / Backward 4 Times: L-Stance, Middle Outward Knife-and Strike
- Step Forward / Backward 4 Times: L-Stance, Twin Forearm Block
- Step Forward / Backward 4 Times: L-Stance, Twin Knife-and Block

PATTERNS:

- 4 Direction Turning Kick (Both Legs)
- 4 Direction Inward Crescent Kick (Both Legs)
- Dan-Gun Hyung

SPARRING

- One Point Free Sparring – NO CONTACT.

LEG PLACEMENT: Hold out for a count of THREE

- 4 Direction Turning Kick

THEORY:

Answer the following Questions in Korean.

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

What is;

1. All the FOOT TECHNIQUES at this grade (in Korean)?
2. Definition of Dan Gun Hyung?
3. All HAND TECHNIQUES at this grade (in Korean)?
4. All STANCES used at this grade (in Korean)?
5. Number of moves in Dan Gun?
6. Dimensions of a Walking Stance?
7. Meaning of Yellow Belt?
8. Attacking Tool used in Turning Kick (in English and Korean)?

DESTRUCTION:

- Not applicable at this grade.

APPLICATION OF TECHNIQUE:

- Not applicable at this grade.