

JUNIOR DEVELOPMENT PROGRAMME

6th Gup

6th Gup (A)

TECHNIQUES:

1. Everything from Previous Test(s)
2. Step Forward / Backward 4 Times: L-Stance, Twin Forearm Block, High Inward Knife-hand Strike, Fixed Stance Middle Obverse Punch
3. Step Forward / Backward 4 Times: Front Snap Kick, Walking Stance Middle Obverse Punch
4. Step Forward / Backward 4 Times: Walking Stance Outer Forearm Circular Block
5. 2 Times each leg (Fast and Slow): Bending Ready Stance, Side Piercing Kick

PATTERNS:

1. 4 Direction Jumping High Kick (Both Legs)
2. Won-Hyo Tul (See Website for full info: <http://itkdc.com/patterns/won-hyo-tul/>)

SPARRING:

1. Sparring - Light Contact (Safety Equipment Required)

LEG PLACEMENT: (Hold out leg for a count of THREE)

1. 4 Direction Front Kick, Turning Kick

PAD WORK:

1. Jumping High Kick (Both Legs)
2. Side Kick, Hook Kick (Both Legs)
3. Turning Kick (Both Legs)

BEST STANCE:

1. Fixed Stance

BEST ATTACKING TOOL:

1. Footsword - Slow motion side kick (Chest Height)

THEORY:

What is :

1. "Inward Knifehand Strike" ?
2. "Side Piercing Kick" ?
3. "Front Snap Kick" ?
4. "Circular Block" ?
5. How Many moves are in Won-Hyo Tul ?
6. Definition of Won-Hyo Tul ?

ANSWERS:

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28
See Website for Pattern Definition

6th Gup (A)

5th Gup

AS ABOVE SYLLABUS - PLUS PATTERNS:

1. 4 Direction Front Kick, Hook Kick (Both Legs)