

JUNIOR DEVELOPMENT PROGRAMME

2nd Gup

2nd Gup (A)

TECHNIQUES:

1. Everything from Previous Test(s)
2. Step Forward / Backward 4 Times: Walking Stance, Low Upset Fingertip Thrust
3. Step Forward / Backward 4 Times: L-Stance, Middle Obverse Punch
4. Step Forward / Backward 4 Times: L-Stance Low Knife-hand Guarding Block
5. 3 Times each hand: Sitting Stance, Middle Palm Pushing Block, Double Punch
6. Step Forward 4 Times: L-Stance, High Turning Kick landing in Middle Forearm Guarding Block

PATTERNS:

1. 4 Direction Twisting Kick (Both Legs)
2. Hwa-Rang Tul (See Website for full info: <http://itkdc.com/patterns/hwa-rang-tul/>)

SPARRING:

1. Sparring - Light Contact (Safety Equipment Required)
2. 2 on 1 Sparring - Light Contact (Safety Equipment Required)

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

1. 4 Direction Double Side Kick, Turning Kick (Both Directions)

PAD WORK:

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

BEST STANCE:

1. Vertical Stance

SELF DEFENCE:

1. Basic Self Defence - Release from grabs

THEORY:

What is :

1. "Upward Forefist Punch" ?
2. "Downward Knifehand Strike" ?
3. How Many moves are in Hwa-Rang Tul ?
4. Definition of Hwa-Rang Tul ?

ANSWERS:

Ollyo Ap Joomuk Jurigi
Naeryo Sonkal Taerigi
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See Website for Pattern Definition

2nd Gup (A)

1st Gup

AS ABOVE SYLLABUS - PLUS PATTERNS:

1. 4 Direction Downward (Axe) Kick (Both Legs)
2. Multiple Patters – Examiners Choice

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

1. 4 Direction Vertical Checking Kick, Side Piercing Kick