

7th Kup (green tag)

1) Basics

Moa seogi	Closed stance
Naranhi seogi	Parallel stance
Olgul jireugi	High block
Momtong bandae jireugi	Middle punch same side
Momtong baro jireugi	Middle punch opposite side

Kibon Ee (Preparation exercise for Taeguk Ee-Jang – 10 movements)

2) Revision

Taeguk 1 - Il-Jang (Meaning: Heaven and Light - 18 movements)

3) Poomsae

Taeguk 2 – Ee Jang (Meaning: Joyfulness - 18 movements)

4) Ilbo Taeryon (Partner exercises – 1-step-fight)

2 techniques

All candidates will be examined on the attack and the defence during the partner exercises.

5) Stepping exercises

Stepping exercise with partner. One partner leads while the other partner mirrors all movements.

6) Kick paddle exercises

All kicking exercises are to be performed from a fighting stance with a Kihap during the performance of the technique. A selection of all previously learned techniques will be examined.

7) Kyorugi

2 for 2 simulated sparring where partners kick in turns without contact. The students are expected to show stepping basics learned before as well as a variety of kicks. The students are expected to judge the distance to their partner, adjust accordingly and vary their kicking techniques on their own.

8) Self-defence

Evading grabbing on wrists and clothes.

9) Theory

Arae	Low section, typically below the belt
Momtong	Middle section, typically between belt and shoulders
Olgul	High section, typically shoulders and above

10) Board breaking

N/A

Pass Grade: 60%