

**10th Gup White Belt
to
8th Gup Gold Belt**

Line Techniques

1. Sitting stance center section punch
2. Sitting stance 1-2 punch
3. Walking stance obverse center section punch
4. Walking stance low block with the outer forearm
5. L-stance middle block with the inner forearm
6. Front kick
7. Walking stance low block with the knife hand
8. Walking stance inward block with the outer forearm
9. Lead leg front kick (*)
10. Lead leg side kick (*)
11. Front kick, 1-2 punch
12. L-stance side strike with the knife hand
13. Jump step change
14. Sparring style launching back fist (*)
15. Skip front kick (*)
16. Walking stance rising block with the outer forearm
17. Side kick
18. Front kick; Side kick (*)
19. Skip side kick
20. Mid-air front kick

(*) -- Change stance

Balance Techniques

One leg stance (30 seconds)

Four part front kick

Five part side kick

Target Techniques

Front Kick

Lead leg side kick

Exercises

Right and Left Four Direction Punch

Right and Left Four Direction Block

Patterns

Chon-Ji

Sparring

Step Sparring: Compulsory One Step Sparring #1-10

Free Sparring: Belt (or rope) Sparring
No-contact Free Sparring

Ho Sin Sul

Break Fall: Rear fall from a squatting position

Side fall from a squatting position

Rear fall from a standing position

Side fall from a standing position

Release: Single hand grab

Front choke

Rear choke with hands

History

Oral test on technique, taekwon-do definition, counting, tenets of taekwon-do, student oath, pattern history

Estimated Time: 40 Minutes