

**7th Gup High Gold Belt
to
6th Gup Green Belt**

Line Techniques

1. Sitting stance side strike with the knife hand
2. Walking stance straight fingertip thrust
3. Lead leg front kick, reverse punch (sparring style) (*)
4. Lead leg turning kick, back fist strike (sparring style) (*)
5. Walking stance high block with the outer forearm, reverse punch
6. Walking stance high side strike with the back fist
7. Walking stance high wedging block with the outer forearm
8. Walking stance high wedging block with the outer forearm, front kick, 1-2 punch (*)
9. Skip turning kick
10. Back fist; reverse punch (in place, sparring style) (*)
11. Front kick, turning kick (consecutive)
12. Jump side kick

(*) -- Change stance

Balance Techniques

Four part back kick

Target Techniques

Jump front kick

Skip side kick

Turning kick

Force Shield Techniques

Lead leg side kick

Downward knife hand

Patterns

Do-San

Sparring

Step Sparring: Compulsory One Step Sparring #18-20
One Step Sparring (7 routines of own design)

Free Sparring: Free Sparring with pads

Ho Sin Sul

Break Fall: Front roll

Throw: Spin and drop from a rear choke with arm

Grappling: Guard position and escape

History

Oral test on technique, previous history, new pattern history, date when taekwon-do was founded, year of General Choi's death, organization founded by General Choi

Estimated Time: 50 Minutes