

5th Gup High Green Belt to 4th Gup Blue Belt

Repeat all previous techniques plus:

Line Movements:

1. Turning kick, side kick
2. Side kick, turning kick
3. L-stance twin knifehand block
4. Turning hook kick
5. Arcing kick
6. Walking stance high reverse strike with the long fist, turning kick with the knee
7. X-stance high strike with the jump backfist
8. Twisting kick
9. Vertical kick
10. Reverse hook kick
11. Walking stance high hooking block with the palm; reverse high hooking block with the palm; obverse punch
12. Tornado style back kick
13. Lead leg hook kick, turning kick
14. Jump turning kick

Pattern: Yul-Gok

Sparring: Intermediate two-step sparring
Free sparring

Hosin Sul: **Break Fall:** Front diving roll over a barrier
Throw: Spin and drop throw from a single lapel grab

Target Techniques: Lead leg hook kick
Front kick, turning kick

Force Shield Techniques: Back kick
Jump side kick
Front elbow strike

Breaking: **Standing Foot:** Skip side kick
Power Hand: Inward strike with the knifehand

In the interest of safety, student may be required to substitute an inward strike with the side fist for the hand technique listed above.

History: Oral test on history, philosophy, and theory

Estimated Time: 1 Hour, 15 Minutes