



## 4th Gup Blue Belt to 3rd Gup High Blue Belt



*Repeat all previous techniques plus:*

### Line Movements:

1. L-stance middle block with the reverse knifehand
2. Rear foot stance upward block with the palm
3. Front kick, outward crescent kick, inward crescent kick
4. Walking stance reverse strike with the reverse knifehand
5. L-stance low guarding block with the knifehand; shifting into walking stance upset punch with the twinfist
6. Reverse crescent kick
7. Fixed stance U-shaped block
8. Tornado style turning kick
9. Triple side kick; triple back kick (middle/low/high)
10. Reverse hook kick, turning kick
11. Walking stance flat upset fingertip thrust, walking stance strike with the upper elbow
12. Backfist, reverse upset punch (sparring style)
13. Walking stance rising block with the X-fist, low stance pressing block with the palm
14. Jump twisting kick
15. Jump vertical kick
16. 180° back kick

**Pattern:** Joong-Gun

**Sparring:** Advanced two-step sparring  
Free sparring

**Hosin Sul:** **Break Fall:** From a spin and drop throw  
**Throw:** Basic hip throw from judo-style ready position

**Target Techniques:** Twisting kick  
Vertical kick

**Klapper™ Techniques:** Inward crescent kick  
Outward crescent kick  
Reverse hook kick

**Force Shield Technique:** Lead leg jump side kick

**Breaking:** **Standing Foot:** Back kick  
**Power Hand:** Side strike with the knifehand  
**Jumping Foot:** Jump side kick

*In the interest of safety, student may be required to substitute a sidestrike with the sidefist for the hand technique listed above.*

**History:** Oral test on history, philosophy, and theory

*Estimated Time: 1 Hour, 30 Minutes*