

## 3rd Gup High Blue Belt to 2nd Gup Red Belt

*Repeat all previous techniques plus:*

### **Line Movements:**

1. Walking stance pressing block with the X-fist, high vertical punch with the twin fist
2. Sitting stance W-shape block with the outer forearm
3. Reverse front elbow strike, reverse crosscut with the fingertip, upward reverse strike with the reverse knifehand (sparring style)
4. L-stance low pushing block with the double forearm
5. Outward downward kick
6. Inward downward kick
7. Reverse turning kick
8. Inward crescent kick, side kick; reverse crescent kick
9. L-stance middle guarding block with the knifehand, lead leg low front kick, walking stance high obverse thrust with the flat fingertip
10. L-stance low block with the forearm and high strike with the backfist
11. X-stance jump pressing block with the X-fist, walking stance high block with the double forearm
12. Middle thrusting front kick with the heel, low pressing side kick, low turning kick with the shin
13. Turning hook kick, side kick; mid-air side kick (setting foot down)
14. Inward downward kick; back kick, lead leg jump side kick
15. 360° back kick

**Pattern:** Toi-Gye

**Sparring:** Beginning three-step sparring  
Free sparring

**Hosin Sul:** **Break Fall:** Fall from hip throw  
**Throw:** Hip throw from a single lapel grab

**Target Techniques:** Front kick, arcing kick, turning kick  
Turning kick, side kick  
Side kick, turning kick

**Force Shield Techniques:** 180° back kick  
Twin foot front kick

**Breaking:** **Standing Foot:** Turning kick  
**Power Hand:** Front forefist punch  
**Jumping Foot:** Lead leg jump side kick

*In the interest of safety, student may be required to substitute a front elbow strike for the hand technique listed above.*

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

*Estimated Time: 1 Hour, 45 Minutes*