



2nd Gup Red Belt to 1st Gup High Red Belt



Repeat all previous techniques plus:

Line Movements:

1. Sitting stance pushing block with the palm
2. L-stance twin forearm block, L-stance upward punch, sliding fixed stance punch, vertical stance downward strike with the knifehand
3. Thai boxer turning kick
4. Reverse crescent kick, front kick, vertical kick twisting kick
5. Walking stance low forearm block, L-stance obverse punch
6. Walking stance obverse punch, palm to forefist, lead leg middle side kick, L-stance middle strike with the knifehand
7. Walking stance pressing block with the X-fist; L-stance sliding thrust with the side elbow
8. Lead hand vertical punch, spinning backfist, low upward strike with the side fist, rear upward strike with the elbow, downward strike with the clawfist (sparring style)
9. Inward crescent kick, jump 360° inward crescent kick
10. Lead leg inward sweep; reverse sweep; midair turning kick
11. Front kick; 180° back kick (setting foot down into L-stance)
12. 180° back kick, 360° back kick

Pattern: Hwa-Rang

Sparring: Intermediate three-step sparring
Free sparring

Hosin Sul: **Break Fall:** Falling out of a throw with a front roll
Throw: Takedowns with 2 leg sweeps

Target Technique: 360° back kick

Klapper™ Techniques: Reverse crescent kick
Reverse turning kick

Force Shield Techniques: Twin side kick
Vertical kick

Breaking: **Standing Foot:** Downward kick
Power Hand: Downward forefist punch
Jumping Foot: 180° back kick
Suspended Hand: Forefist, reverse knifehand, or knifehand

In the interest of safety, student may be required to substitute a downward front elbow strike (power) and a side fist (suspended) for the hand techniques listed above.

History: Oral test on history, philosophy, and theory

Estimated Time: 2 Hours