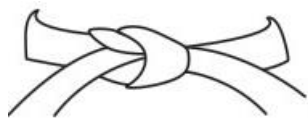


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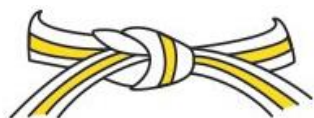
10th Kup

10 Press-ups
10 S.S. single punches
Self Defence
Sim. Sparring (double punch)

10 Front rising kicks

4 directional punch 1
4 directional punch 2
(4 directional block)

W.S. Obverse punch
W.S. Low outer forearm block
W.S. Middle inner forearm block
W.S. High open fist strike

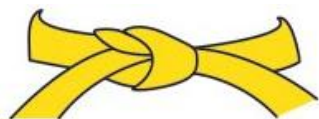


9th Kup

10 S.S. double punches
Self Defence
Sim. Sparring (sliding side-kick double punch)

CHON-JI

L.S. Knifehand side strike
L.S. Knifehand guarding block
W.S. Middle inner forearm block, reverse punch
W.S. Low block, rising block
L.S. Twin forearm block



8th Kup

3 Step Sparring 1-2
Self Defence
Sim. Sparring (shift backwards, back leg 45 kick, side backfist)

CHON-JI
DAN-GUN

W.S. Straight fingertip thrust
W.S. Side backfist
W.S. Outer forearm wedging block
Front snap kick, W.S. double punch
Side piercing kick, L.S. forearm guarding block
W.S. Outer forearm high block, reverse middle punch
L.S. Outer forearm inward block

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7th Kup

3 Step Sparring 3-4
Self Defence
Sim. Sparring (step-on 45 kick, reverse backfist, reverse punch)

CHON-JI
DAN-GUN
DO-SAN

Turning kick, L.S. forearm guarding block
W.S. Circular block
Bending ready stance A, side piercing kick, L.S. forearm guarding block
Bending ready stance B, back piercing kick, L.S. forearm guarding block
Fixed stance side punch
L.S. Inward knifehand strike

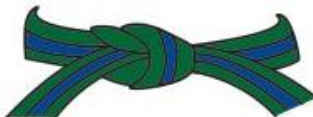


6th Kup

3 Step Sparring 5-6
Self Defence
Free sparring

DAN-GUN
DO-SAN
WON-HYO

W.S. High palm hooking block, reverse high palm hooking block, obverse punch
L.S. Palm upward block
W.S. X fist pressing block, twin vertical punch
Double forearm high block
W.S. Flat fingertip thrust
W.S. Twin upset punch
L.S. Side elbow thrust



5th Kup

2 Step Sparring 1-2
Self Defence
Free Sparring

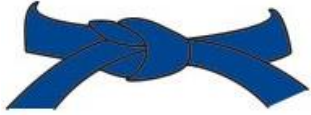
DO-SAN
WON-HYO
YUL-GOK

Low stance Palm pressing block
Fixed stance, U shaped block
W.S. Reverse angle punch
L.S. Knifehand guarding block, footshift to W.S. upper elbow strike
Reverse turning kick, L.S. forearm guarding block
Double step L.S. knifehand guarding block
W.S. High arc-hand strike

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4th Kup

2 Step Sparring 3-4
Self Defence
Free Sparring
Destruction (choice hand and foot technique)

WON-HYO
YUL-GOK
JOONG-GUN

S.S. W shaped block
L.S. Low double forearm pushing block
Downward kick, L.S. guarding block
W.S. Upset fingertip thrust
L.S. Side backfist and low outer forearm block (simultaneously)
Side piercing kick, back piercing kick, W.S. reverse punch, footshift to L.S. forearm guarding block
Turning kick, reverse turning kick, W.S. reverse knifehand high reverse strike, footshift to L.S. forearm guarding block



3rd Kup

1 Step Sparring (traditional)
Self Defence
Free Sparring
Destruction (choice hand and foot technique)

YUL-GOK
JOONG-GUN
TOI-GYE

Front leg front kick, back leg turning kick, L.S. forearm guarding block
L.S. Upward punch
Front kick, side kick (with the same leg)
Slide into fixed stance side punch, pull back to vertical stance downward knifehand strike
L.S. Obverse punch
Front leg hooking kick, side kick, back leg crescent kick, side kick, L.S. forearm guarding block
