

**5th Kup Blue Tag Test**

1. Taegeuk 4 (Sah Jang, Thunder, 20 moves)
2. Taegeuk 3 (Sam Jang, Fire and Sun)
3. Skip turning kick –(Front leg kicks – back leg moves to front leg – like Newtons cradle motion)
4. Slip back turning kick (slip back in fighting stance out of the way then do a turning kick with the back leg)
5. 1 step sparring right and left basic 5 (some variations)
6. 1 step kicking, and 3 step kicking with counter kick
7. free sparring (own protective equipment)

### Line up, measure up, break turning kick (using Ball of the foot to hit target)