

1st Kup (Black tag) test

1. Taegeuk 8 (Pal jang, Earth, 24 moves - Gon)
2. Taegeuk 7
3. 1 Step Sparring freestyle, locks and takedowns, hands & legs

1. 1 step Kicking exercise
2. 3 Step Kicking with counter
3. straight line kicking – examiners choice
4. free sparing –(own equip needed)
5. power test destruct, students choice one hand one leg technique