

 7th Kup **(Green tag) Test**

1. Inner crescent kick in Fighting Stance 10x R leg, 10x L leg, put foot down in front
2. Long stance moving forward lower block then punch 6x turn then same back
3. Long stance moving forward upper block then punch 6x turn then same back
4. Moving forward in Fighting Stance Turning kick/Front kicks/Axe kicks (examiner to choose)
5. 1 step sparring right and left side first basic 3
6. 1 for 1 kicking
7. Taegeuk 1
8. Taegeuk 2 (Ye Jang, joyfulness, 18 moves - Tae).