

Blue belt (4th Gup):

Stances:

Close ready stance B
Rear foot stance
Low

Movement:

Fast

Hand Techniques:

Upward strike with elbow
Upset punch w/ twin fist
Twin punch w/ vertical fist
Turning punch

Blocks:

Middle block w/ Reverse knifehand (ridgehand)
Upward block with palm
Pressing block with X-fist (high)
Pressing block with palms
U-shape block

Kicks:

Reverse hooking kick
Rear leg hooking kick
Spinning hook kick

Self-defense:

From a full nelson

Sparring:

Free (light head contact)
3 defenses against a head attack from turning kick, axe kick, back kick

Pattern: Joong-Gun
(32 movements)