

High blue belt (3rd Gup):

Stances:

Movement:

Stomping

Hand Techniques:

Low upset fingertip

Twin elbow strike

Head grasp

Flat fingertip strike

Blocks:

Pressing block with X-fist

W shape block

Low double knife hand block

Kicks:

Knee kick

360 back kick

Jumping front leg kicking

4 direction kicking

Self-defense:

Against a long stick (baseball bat)

Sparring:

Free (light head contact)

3 defenses against a reverse hook kick attack

3 defenses against a spin hook kick attack

Pattern: Toi-Gye

(37 movements)