

High Green belt (5th Gup):

Stances:

X-stance

Movement:

Consecutive

90 degree motion to the side

Hand Techniques:

Front elbow strike

Blocks:

Hooking block

Double forearm guarding block

Twin knife hand guarding block

Kicks:

High section kicks (side, back)

Front leg hook kick

Crescent kick

Vertical kick

Self-defense:

Choke from the back

Sparring:

Free (light head contact)

3 defenses against an axe kick attack (front or rear leg)

3 defenses against a cut kick attack

Pattern: Yul-Gok

(38 movements)