

## **High Red belt (1<sup>st</sup> Gup):**

### **Stances:**

### **Movement:**

360 jump spin

### **Hand Techniques:**

Knife hand strike bring hand to forehead (swallow block)

Ridge hand

### **Blocks:**

Inward middle block

Checking block w/ X-knife hand

Double palm scooping block

### **Kicks:**

360 hook kick

8 direction kicking

### **Self-defense:**

Multiple grabs

### **Sparring:**

Free (junior level head contact)

Situation drills

### **Pattern:** Choong-Moo

(30 movements)