

High Yellow (7th Gup):

Stances:

Sitting

Movement:

45 degree movement backward

Hand Techniques:

Back fist

Straight fingertip strike

Blocks:

High side block

Wedging block

Kicks:

Jumping (front, turning)

Flying side kick

High front, turning, axe kicks

Multiple standing kicks

Self-defense:

Sparring:

Semi-Free (no head kicks)

3 Defenses against a rear leg turning kick attack

Verbal Knowledge:

Student Manual

Significance of number 24

Description of techniques

Definition Do-San

Pattern: Do-San

(24 movements)