

Red belt (2nd Gup):

Stances:

Vertical Stance

Close Ready stance C

Movement:

Hand Techniques:

Pulling motion

Twin rear elbow strike

Upset punch

Blocks:

Pushing block with palm

Kicks:

Jumping reverse hook kick

Jumping spinning hook kick

Self-defense:

Against a short stick

Sparring:

Free (junior level head contact)

3 step drills (1 to 1 to 1)

Pattern: Hwa-Rang

(29 movements)