



Promotion to Yellow Stripe – 9th Kup

Warm Up

Traditional

- Sitting stance - Single punch.
- **Line work:**
 - Walking stance: Obverse low block (forward, backward).
 - Walking stance: Obverse Inner forearm middle block (forward, backward)
 - Walking stance: Obverse punch (forward/backward)
- Four – Directional Punching no. 1 & 2

Sparring Skills and Techniques

- **Line work:** (Fighting stance, on the bounce)
 - Fighting stance – forearm guarding block (F/B)
 - Double punch
 - Double punch + front snap kick (back leg)
 - Double punch + turning kick (back leg)

Self Defence

- Defend from:
 1. Straight punch to face
 2. Double handed push to front (shoulders)

Theory

- Tenets of TKD.
- Meaning of White belt
- Meaning of Tae Kwon Do and Founder
- An understanding of all stances and techniques performed to date