



## 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 and Orange belt
- Meaning of Tae Kwon Do and Founder
- An understanding of all stances and techniques performed to date