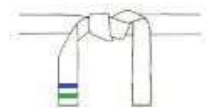
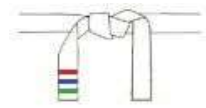


**10th Gup
First Blue**



to First Red



DEFENSIVE TECHNIQUES

Show inner forearm blocking tool.



Knifehand low block (sonkal najunde magki)



OFFENSIVE TECHNIQUES

Front snap kick (apcha busigi) from walking ready stance stepping forward.



Front view



Side view

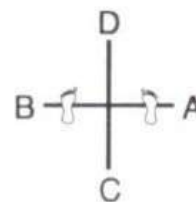
FUNDAMENTAL EXERCISES

Four direction punch (saju jirugi) call by call.

Right Four Direction Punch

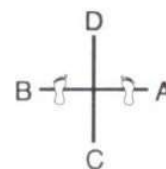
Ready Posture: Parallel Ready stance

1. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
 2. Move the right foot to A, forming a left walking stance toward B while executing a low block to B with the left forearm.
 3. Move the right foot to B, forming a right walking stance toward B while executing a middle punch to B with the right fist.
 4. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left forearm.
 5. Move the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the right fist.
 6. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left forearm.
 7. Move the right foot to A, forming a right walking stance toward A while executing a middle punch to A with the right fist.
- Bring the right foot back to the ready posture.



Left Four Direction Punch

1. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist
2. Move the left foot to B, forming a right walking stance toward A while executing a low block to A with the right forearm.
3. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.
4. Move the left foot to D, forming a right walking stance toward C while executing a low block to C with the right forearm.
5. Move the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the left fist
6. Move the left foot to A, forming a right walking stance toward B while executing a low block to B with the right forearm.
7. Move the left foot to B, forming a left walking stance toward B while executing a middle punch to B with the left fist. Bring the left foot back to ready posture.



SELF DEFENCE (hosin sul)

Grab to the wrist – opposite side



THEORY

- Founder of Taekwon-Do:
General Choi Hong Hi - 9th Dan
- Training uniform____Do bok
- Training area_____Do jang