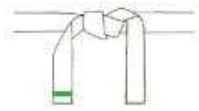
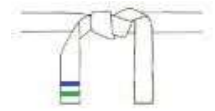


**10th Gup
First Green**



to First Blue



STANCES (sogi)



Sitting stance (annun sogi).



Walking ready stance (gunnun junbi sogi)



DEFENSIVE TECHNIQUES

Make a knifehand.

OFFENSIVE TECHNIQUES

Front snap kick (apcha busigi) from walking stance



FUNDEMENTAL EXERCISES

From walking stance step forward and punch then step backwards while turning and do a low forearm block.

SELF DEFENCE (hosin sul)

Grab to the wrist - same side while moving around.

