



Belt Curriculum

Gold Stripe (8th Gup)

Stance: Front Stance, Horse Back Riding Back Stance, Attention Stance

Blocks: Low Block, High Block, Middle Out Block, Knife Hand Block

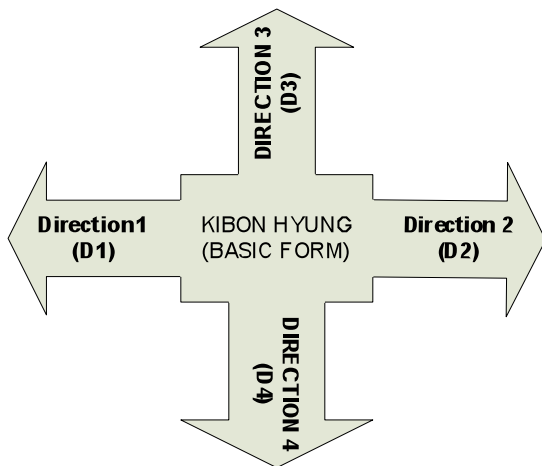
Kicks: Front Kick, Roundhouse Kick, Axe Kick, Side Kick

Combination Kick: Front Kick, Round Kick, Round Kick, Front Kick, Round Kick, Side Kick, Front Kick, Round Kick, Axe Kick

Punches: Middle Punches, High Punches

Ten Basic Motion: View page 4

Basic Form # 8



Kibon Hyung #8

1. Turn to D1 Middle In Block and Kick with Front Stance
2. Step forward (D1) Kick and Middle Punch with Front Stance
3. Turn to D2 Middle In Block and Kick with Front Stance
4. Step forward (D2) Kick and Middle Punch with Front Stance
5. Turn to D3 Middle In Block and Kick with Front Stance
6. Step forward (D3) Kick and Middle Punch with Front Stance
7. Turn to D4 Middle In Block and Kick with Front Stance
8. Step forward (D4) Kick and Middle Punch with Front Stance

Breaking: Knife Out Hand

Sparring: With Full set Equipment

