



Belt Curriculum

Gold Belt (6th Gup)

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

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

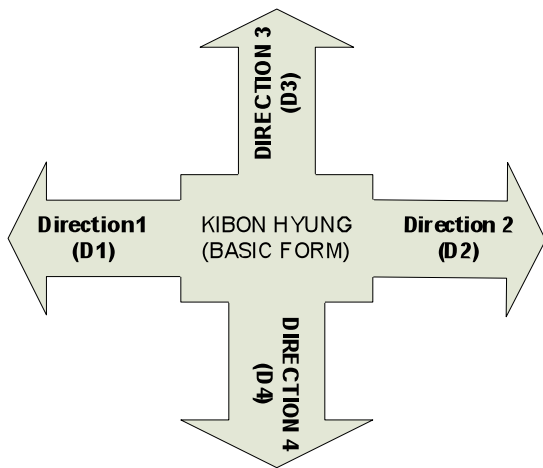
Kicks: Front Kick, Roundhouse Kick, Axe Kick, Side Kick

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

Punches: Middle Punches, High Punches

Ten Basic Motion: View page 4

Basic Form # 6



Kibon Hyung #6

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

Breaking: Knife Hand

Sparring: With Full set Equipment

