

FIRST KEUP - BROWN BELT WITH BLACK STRIPE

All techniques are executed from every stance except where noted.

Memory Verse:

- Galatians 2:20 - (Any Version)

"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me." NIV

Stances:

All demonstrated forward/backward, turning left/right, and around.

No New Stances

Strikes:

- Swallow form knife edge strike
- Swallow form palm thrust

Blocks:

No New Blocks

Forms:

- #9 Choong Moo

Sparring:

- Three - one minute rounds contact sparring

Kicks:

- Spinning outside crescent kick
- Flying side kick
- Jumping spinning inside crescent kick (Tornado)

Breaking:

- Any two skipping kicks

Self Defense (Emphasis on break/strike/escape sequence):

- Two-on-one attacks (With & Without Weapons)
- Three-on-one attacks (Without Weapons)