

2nd Grade

Red Belt

FORWARDS

Double side kick (same leg), land L stance, knife-hand guarding block

BACKWARDS

Walking stance, high twin vertical punch

FORWARDS

Double turning kick (same leg), land L stance, forearm guarding block

BACKWARDS

Walking stance, palm pressing block (normal speed)

FORWARDS

Walking stance, obverse middle punch, pull up and release, front leg side kick, land L stance, knife-hand strike

BACKWARDS

Walking stance, x-fist pressing block, x-fist rising block

FORWARDS

Side kick, reverse side kick, land walking stance, reverse punch, pull back to L stance, forearm guarding block

BACKWARDS

L stance, twin outer-forearm block, upward punch, slide into fixed stance, side punch, pull back into vertical stance, downward knife-hand strike

FORWARDS

Front kick, turning kick (same leg), rear leg reverse turning kick (180°), land L

stance, knife-hand guarding block

BACKWARDS

L stance, obverse middle punch, move the front foot forwards into walking stance, x-fist pressing block

2 kicks each leg

Jumping front kick off the back leg

2 kicks each leg

Jumping turning kick off the back leg

2 kicks each leg

Jumping side kick off the front leg

2 kicks each leg

Jumping reverse side kick

Student's Choice Pattern (Not Grade Pattern)

Examiner's Choice Pattern × 2

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Examiner's Choice Set Sparring

1 step sparring **advanced**

Free sparring