

4th Grade

Blue Belt

FORWARDS

First 3 moves of Joonggun

BACKWARDS

Walking stance, palm pressing block

FORWARDS

Turning kick, side kick (same leg), land L stance, forearm guarding block

BACKWARDS

L stance, high back-fist side strike, release, move the front foot forwards into walking stance, reverse high punch

FORWARDS

Walking stance, high double forearm block, move the front foot back into L stance, side punch

BACKWARDS

L stance, outer-forearm waist block

FORWARDS

Side kick, hooking kick (same leg), land L stance, forearm guarding block

BACKWARDS

L stance, knife-hand guarding block, move the front foot forwards into walking stance, upper elbow strike

FORWARDS

Turning kick, reverse side kick, land L stance, forearm guarding block

BACKWARDS

Fixed stance, U block

Student's Choice Pattern (Not Grade Pattern)

Examiner's Choice Pattern

Joonggun

2 step sparring **4 to 6**

3 step semi-free sparring
advanced

Free sparring