



Self Defence

Practise two levels of defence for every situation:

Yellow (8th & 7th gup) – defence against grabs to the wrists.

Green (6th & 5th gup) – defence against grabs from the front.

Blue (4th & 3rd gup) – defence against grabs from the rear.

Red (2nd & 1st gup) – defence against common attacks.

Step Sparring

6th gup – 2 step sparring

Compulsory techniques: Crescent kick, [side turning kick](#), reverse turning kick

[A] WS middle punch, low front kick

[D] WS inner forearm block, WS forearm low block

[C] Reverse punch

[A] Side piercing kick, step LS side punch

[D] LS palm downward block, LS knifehand guarding block

[C] Side piercing kick

[A] LS Knifehand side strike, side turning kick

[D] Crescent kick, dodge to guarding block

[C] Reverse turning kick

5th gup – 2 step sparring

Compulsory techniques: Hooking kick, reverse hooking kick, twisting kick

[A] WS middle punch, low front kick

[D] WS inner forearm block, LS knifehand low block

[C] WS front elbow strike

[A] Side piercing kick, step LS side punch

[D] LS palm downward block, dodge to guarding block

[C] Reverse hooking kick

[A] LS Knifehand side strike, side turning kick

[D] R hooking kick, LS outer forearm inward block

[C] step, twisting kick

Youtube clip of examples: <http://youtu.be/zxEdQZk7msI>