

Requirements for 8th Gup -Yellow Belt

I. Horse Riding Stance –Double Punch

II. Kicks

1. Inner Crescent
2. Roundhouse Kick

III. Basics

Front Stance

1. Inner Block
2. Outer Block
3. Rising Block
4. Knife Hand Strike

IV. Poomse (forms)

1. Taeguk II (1st) Jang

V. Combinations

1. Front Kick, Roundhouse Kick, Double Punch, Kihap