

*A Journey of 10,000 Miles Begins
With Your First Step*

Requirements for 9th Gup (Yellow Stripe)

I. Horse Riding Stance –Middle Punch

II. Kicks

1. Limbering Up
2. Front Snap Kick

III. Basics

1. Front Stance
 - a. Low Block
 - b. Middle Punch

IV. Poomse (forms)

1. Kicho (Basic) 1