

Student Task Book

4th Gup

Stances

Low Stance Signature _____ Date _____

Rear foot stance Signature _____ Date _____

Close ready stance B Signature _____ Date _____

Defensive Techniques

Reverse knifehand side block

Signature _____ Date _____

Intermediate position
Correct Crossing
Finish Position
Purpose Of Technique

Palm upward block

Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

X-fist rising block

Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Palm pressing block

Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

U-shape block

Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Offensive Techniques

Upper elbow strike Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Twin vertical punch Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Twin upset punch Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Angle punch Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Patterns

Joong-Gun Signature _____ Date _____

Yul-Gok Signature _____ Date _____

Won – Hyo Signature _____ Date _____

Do San Signature _____ Date _____

Dan Gun Signature _____ Date _____

Chon-JI Signature _____ Date _____

Sparring

One Step Sparring Signature _____ Date _____

Flying techniques.

Front snap kick – turning kick- side piercing kick

Free Sparring Signature _____ Date _____

Self Defence Signature _____ Date _____

Release per Joong-Gun, movements 15 & 18

Defence against twin palm push

Defence against straight punch

Destruction Signature _____ Date _____

Knifehand Strike – Reverse knifehand strike – Front elbow strike (juniors: elbow only)

Theory Paper Completed (minimum 75%)

Signature _____ Date _____

Instructors Signature _____

You are now ready to Grade to 3rd Gup Good Luck!