

Information For 2nd Kup (Red belt going for black stripes)

Technical

- **Understand and correctly perform** all 10th to 3rd kup techniques.
- Identify the following parts of the body as TKD tools; side elbow
- **Understand and correctly perform** the following defensive techniques; Forearm W shaped block, double forearm low pushing block, low guarding block
- **Name and demonstrate the following stances;** Close ready stance C, vertical stance
- **Understand and correctly perform** the following defensive techniques; palm pushing block, forearm side-front block,
- **Understand and correctly perform the following offensive techniques;** knifehand downward strike, upward punch, high turning kick, I-stance obverse punch and side elbow thrust, upset fingertip thrust, back-fist side-back strike and twin side elbow thrust
- **Correctly perform** 1-step sparring, free sparring (including 2 onto 1)
- **Correctly perform** pattern Hwa Rang

- **Adults** - Power test using standard focus board: Minimum of 6 breaks including 2 hand techniques.

- **Children** - measure up instead of breaking, both legs - side kick, turning kick, reverse turning kick. A measure up is a slow-motion kick showing the **correct mechanics** of the kick, with **balance & control** of the leg, holding the **correct tool** on the target at solar plexus height

Theory Test for 2nd Kup Students

See student handbook for theory.

Please note that grading requirements may vary slightly from the above depending on the Master or Grand Master carrying out the grading and on what has previously been noted on your grading card. The above guidelines should be discussed with your instructor.