

Information For 4th Kup (Blue belt going for red stripe)

Technical

- **Understand and correctly perform** all 10th to 5th kup techniques.
- Identify the following parts of the body as TKD tools; reverse knifehand, upper elbow, arc hand
- Name and correctly demonstrate; close ready stance B, rearfoot stance, low stance
- **Understand and correctly perform** the following defensive techniques; Reverse knifehand outward block, x-fist rising block, U-shaped block
- **Understand and correctly perform** a side front snap kick, upper elbow strike, angle punch
- **Correctly perform** 1-step sparring and free sparring
- **Correctly perform** pattern Joong Gun

- **Adults** - Power test using standard focus board: minimum of 4 breaks identifying techniques and tools. Techniques will be specified by examiner, one will be a hand technique.

- **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 4th Kup Students

Please see student handbook for theory.