

4th Gup – Brown Belt

Form: Pyung Ahn Odan and all preceding forms

Applications:



1. Block with out-to-in kick



2. Place kicking leg down on the outside of their stance and backfist to groin



3. Pull attacker's arm into your chest and bring your arm across their chest



4. Keeping grip tight, push your arm upwards and push your chest out, locking the elbow



1. Double grab to wrists



2. Smash wrists together



3. Pull hands back to release grip



4. Strike with x-block to the throat



5. Grab the head



6. Twist head around and down to take attacker to the floor

Fitness (3 mins 30 secs)

- 50 Push Ups
- 50 Squat Thrusts
- 50 Sit Ups
- 50 Star Jumps

Basics

- As directed.
- These will be at a level appropriate to your grade and jump techniques are added at purple belt level.

Breaking

- Spinning Hook Kick

Sparring

- As directed.
- You can expect to have more bouts and longer times as you progress through the grades.

Bong

- As per 5th Gup
- Partner work attacking and defending with bong

Combinations

- As directed.
- These will increase in complexity and number as you progress through your grades. They will be combinations of the basics expected at that level.

Typical Grading Questions:

1. Give the Korean word for 'block'
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2. Give the Korean word for 'stance'
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3. Give the name of the form which the Pyung Ahn comes from
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