

FIRST KYU TEST

HANDS ONLY

1. REVERSE PUNCH, LOW BLOCK, HIGH BLOCK REVERSE PUNCH
2. OUTSIDE BLOCK, BACKFIST, REVERSE PUNCH, OUTSIDE KNIFEHAND
3. RISING DOUBLE ARM BLOCK, KNIFEHAND STRIKE, LUNGE PUNCH
4. CIRCLE BLOCK, PUNCH, CIRCLE BLOCK, PUNCH
5. OPTIONAL

FEET ONLY

1. FRONT SNAP, SIDE KICK, SPINNING BACK KICK
2. INSIDE CRESCENT, ROUNDHOUSE, SPINNING WHEEL
3. FRONT SNAP, AXE, FRONT SNAP, ROUNDHOUSE
4. DOUBLE ROUNDHOUSE, SIDE, SPINNING CRESCENT
5. OPTIONAL

HAND AND FEET

1. CIRCLE BLOCK, FRONT SNAP, CRESCENT, DESCENDING ELBOW STR
2. BACKFIST, REVERSE PUNCH, SWEEP, INSIDE CRESCENT
3. SIDE KICK, BACKFIST, RIDGEHAND, ROUNDHOUSE
4. BACKFIST, REVERSE PUNCH, RIDGEHAND, SPINNING CRESCENT
5. OPTIONAL

CHOOSE KATA FOR BUNDUKI

KYE CHO HYUNG IL BOO

CHUNGI

TANGUN

TOSAN

WAN HYO

YULKOK

CHUNG GUN

TOI GEI

HWRANG

CHUNG MU

BASSAI

SELF DEFENSE

OPEN HAND

GUN

KNIFE

CLUB

TAKE DOWNS **4**

LOCKS **4**

WEAPONS

DRILLS

CHAINED TIGER

 FOCUS DRILL OPTIONAL

POWER DRILL OPTIONAL

CAMPOSE 1 STEP

BOARD BREAKING (OPTIONAL)

SPARRING

2 ROUNDS 1 OPPONENT

1 ROUND AGAINST 2 ATTACKERS