

1. LOW BLOCK, HIGH BLOCK, REVERSE PUNCH
2. BACKFIST, INVERTED PUNCH, RIDGEHAND
3. RISING DOUBLE ARM BLOCK,DOUBLE ARM STRIKE, BOTTOM FIST STRIKE
4. HIGH FOREARM BLOCK, REVERSE PUNCH, DESCENDING ELBOW STRIKE
5. OUTSIDE BLOCK, SPINING BACKFIST, REVERSE PUNCH
6. OPTIONAL
LEGS
1. TRIPLE LEAD LEG ROUNDHOUSE
2. HOOK KICK, ROUNDHOUSE, ROUNDHOUSE
3. OUTSIDE CRESCENT KICK, SPIN BACK KICK,FRONT SNAP KICK
4. ROUNDHOUSE, SPIN WHEEL, ROUNDHOUSE
5. HOOK, ROUND, SPINNING CRESCENT
6. OPTIONAL
HAND AND FOOT
1. BACKFIST, REVERSE PUNCH, AXE KICK, ROUNDHOUSE
2. OUTSIDE BLOCK, ELBOW, REVERSE PUNCH, FRONT THRUST KICK
3. LUNGE PUNCH, WHEEL KICK, REVERSE PUNCH
4. ROUNDHOUSE, SPINNING BACK KICK,REVERSE PUNCH
5. HOOK KICK, ROUNDHOUSE KICK, RIDGE HAND STRIKE
6. OPTIONAL
KATA
CHOOSE KATA FOR BUNDUKI
KYE CHO HYUNG IL BOO
CHUN-GI
TANGUN
TOSAN
WONHYO
YUL-KOK
CHUNG GUN
TOI GEI
HWRANG
CHUNGMU
SELF DEFENSE
KNIFE DEFENSE
HANDSTIED
CHAIR DEFENSE
OPTIONAL
DRILLS
FOCUS DRILLS
HOOK ROUNDHOUSE KICK COMBINATINS (3 KICKS)
OPTIONAL
BREAK FALL 3
TAKE DOWN 2
POWER DRILL
OPTIONAL
BOARD BREAKING (OPTIONAL)
SPARRING
2 ROUNDS 1 OPPONENT
1 ROUND AGAINST 2 ATTACKERS