

TEST #10 for “Decisive” 4th Gup



Proper Form on Chalyut, Cyong Net, and Chumbi
Tae Geuk 5

Reversed Front Stance Knife Hand Block (From TG 6)

Inward and Outward Crescent Kicks

10 Move Demo Combo (Creative Form)

Sparring: Cross Step and Kick

Right Spin Hook Kick, Left Step In Spin Hook Kick

Ground Self Defense Stance

Counting to 20 (Hanna-Soomul)

Moo Duk Kwan Principles 1 & 2

Minimum Classes: 200

Usual Time In Rec. 4th Gup: Two Months

Papers Due: MDK 1 & 2 Coloring/Essay & Commitment to Black Belt

**Graduation Board Break:
Hook Kick or Lead Hand Elbow**