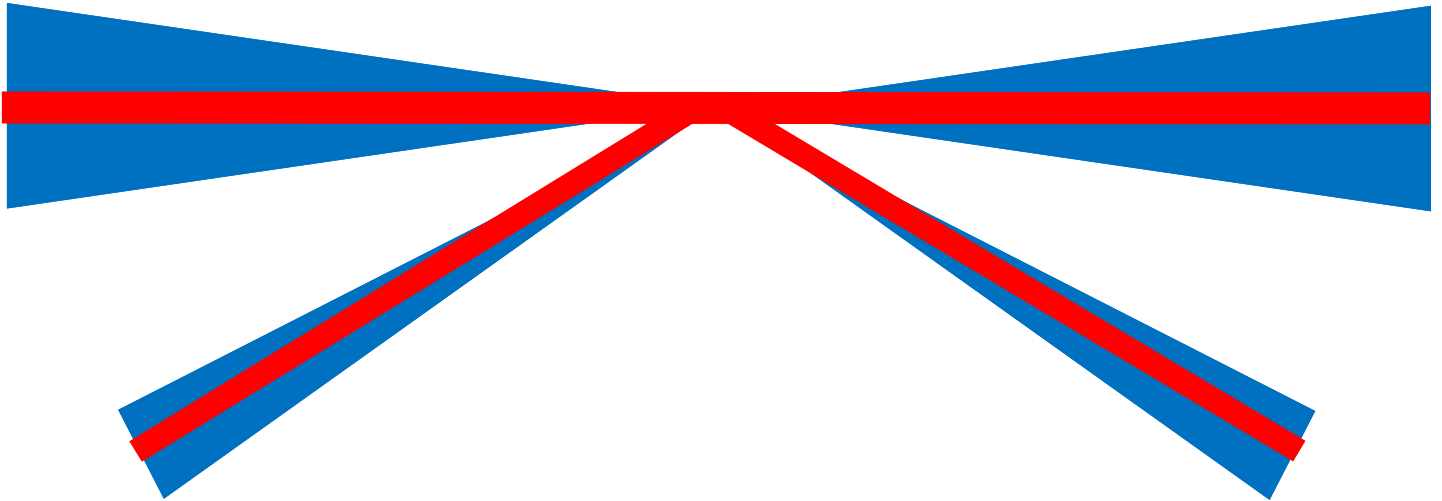


TEST #11 for 3rd Gup Blue/Red



Tae Geuk 1, 2, 3, 4, and 5
Forms Uppercut (Reverse Flip of the Fists)

Sparing: Cover Punch and Kick

Defense Against a Punch (A, B, C & Slam, Stay . . .)
Kicking from Ground Self-Defense Stance (Front and Side)
and Getting Up into Self-Defense Stance (Forward & Backward)

Pushups, Squats, and Step Lunges
4th Gup Terminology (Korean Numbers)
Moo Duk Kwan Principles 1-4

Minimum Classes: 225 Usual Time In Dec. 4th Gup: Four Months
Papers Due: MDK 3 & 4 Coloring or Essay

Graduation Board Break:
Double Kick or Cross Body Punch