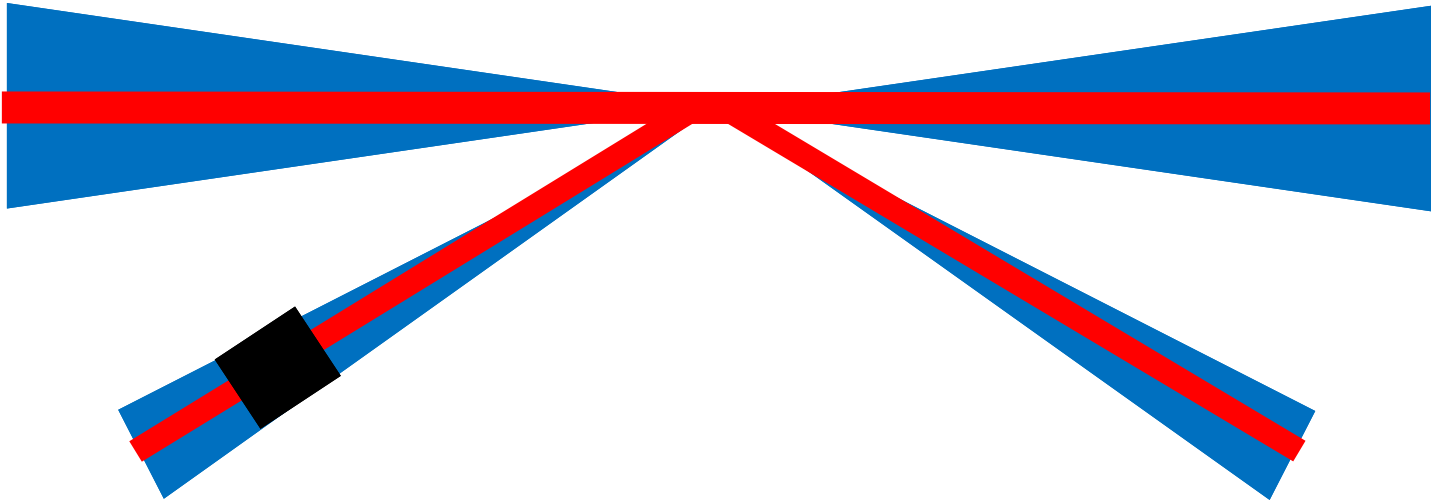


# TEST #12 for “Decisive” 3rd Gup



Tiger Stance

Tae Geuk 6

Regular Narabang on the Ground (Left Hits)

Step-in Narabang on the Ground (Right Hits)

Jump Turn Side Kick

Sparring: Your Personal Plan A and B Counters

Self-Defense Ground Striking Set with Hip Power

Pushups, Squats, and Step Lunges

3th Gup Terminology (Counting Eel—Ship)

Moo Duk Kwan Principles 5 & 6

Minimum Classes: 240

Usual Time In Rec. 3rd Gup: Two Months

Papers Due: MDK 5 & 6 Coloring or Essay

**Graduation Board Break:**

**Any Narabang (Air, Ground, Regular, or Step In)**