

3rd Dan (for promotion to 4th Dan)

| PATTERNS | STANCES | DEFENSIVE TECHNIQUES | OFFENSIVE TECHNIQUES | SPARRING | SELF DEFENCE | DESTRUCTION | THEORY |
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| <p>Sam-il 33 movements</p> <p>Yoo-Sin 68 movements</p> <p>Choi-Young 46 Movements</p> <p>Plus all previous patterns.</p> | Warrior ready stance B | <p>Foot lifting</p> <p>Body dropping</p> <p>High outward block and forearm low block.</p> <p>Reverse knifehand guarding block.</p> <p>X-knifehand rising block.</p> <p>W-Shape block (two targets)</p> <p>Waving kick</p> | <p>Double fist low punch.</p> <p>U-shape punch.</p> <p>Backhand horizontal strike.</p> <p>Middle knuckle fist punch.</p> <p>Sweeping kick.</p> <p>Foot tackling.</p> <p>Grasping kick.</p> <p>Punching kick.</p> <p>Striking kick.</p> <p>Thrusting kick.</p> | <p><u>Step Sparring:</u></p> <p>5 routines: Model sparring</p> <p><u>Free Sparring:</u></p> <p>With various partners plus two onto one.</p> | <p>10 pre arranged self defence routines showing skill in throwing and falling.</p> | <p><u>Power test:</u></p> <p>Hand: Own choice</p> <p>Foot: Own choice</p> <p><u>Special technique:</u> Own choice</p> | <p>Pattern meanings.</p> <p>Moral culture.</p> |