

**Red Belt to Red/Black Belt**

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<b>TERMINOLOGY</b>	<b>BLOCKS AND STRIKES</b>	<b>STAMINA</b>	<b>EXERCISES</b>
ALL BELTS TERMINOLOGY	KNEE BREAK GROIN STRIKE	SKIP ROPE (10 MINS)	1 MIN IRON CROSS
	BEAR HUG BREAK		
<b>KICKS</b>	<b>SPARRING TECHNIQUES</b>	<b>POOMSAE</b>	<b>SELF DEFENCE</b>
SPINNING AXE KICK 540 ROUNDHOUSE KICK	FAKE BACK KICK FAKE SPIN HOOK DOUBLE FAKE BACK KICK DOUBLE FAKE SPIN HOOK KICK DOUBLE FAKE NARA BAN	KORYO SEIYUNCHIN	6 SELF DEFENCE <b>BOARD BREAK</b> 6 BOARD BREAK SEQUENCE