

4th Gup to 3rd Gup (Green Belt w/ 2 red stripes to Red Belt)

Hand #13 - 15:

13. Execute this technique the same as number five, but at the end spin counter clockwise and do a left knife hand attack to the other side of the neck.

14. **The attacker does a front kick instead of a punch.** The defender then piles the hands on the right hip. Step back with the right foot into a front stance while doing a low x block. Throw the foot off to the right side and do a reverse punch to the face.

15. **The attacker steps back with the right leg into a low defense and immediately moves into fighting stance. The attacker delivers a high right leg roundhouse kick. The defender begins in Choon Bee.** As the round kick is delivered, the defender moves 45 degrees to the right into a right foot stance and catches the round kick with the left arm. Shift 45 degrees to the left and apply a right downward elbow strike to the attacker's thigh in a left foot forward front stance.

Feet #13 - 15:

13. Starting in a right foot back fighting stance. Execute a round kick to the attacker's solar plexus and head.

13. Starting from Choon Bee Jaseh. With the left foot, step 45 degrees to the left and grab the attacker's closest shoulder with your right hand and the far shoulder with your left hand. Execute a right foot side kick behind the attacker's knee while pulling on both the attacker's elbow and shoulder.

15. Starting from Choon Bee Jaseh. With the left foot, step 45 degrees to the left and grab the attacker's closest shoulder with your right hand and the hair with your left hand. Execute a right foot side kick behind the attacker's knee while pulling on both the attacker's shoulder and hair.