

## **6th Gup to 5th Gup (Green Belt to Green Belt w/ 1 red stripe)**

### **Hand #9 & 10:**

9. Execute number three hand technique; add a hammer fist attack to the groin then a back fist to the face with the same hand.

10. Cross your arms with your right hand protecting the groin and your left hand on your right shoulder. Step back with your left foot into a back stance while doing a middle knife hand block right hand. Grab their wrist with your right hand. Step inside their front foot with your left foot while bending their arm at the elbow so that their hand punches their stomach. Push down on their elbow with your left hand and sweep their foot out with your left foot.

### **Feet #9 & 10:**

9. Starting from Choon Bee Jaseh. Execute a right hand inside out downward palm Block while stepping back with the left foot into a fighting stance. Do a right foot side hook kick over the arm into their face setting the foot down in the front and doing a right hand back fist attack to the temple, then twist counter clockwise and do a rear left elbow strike to the attacker's ribs.

10. Starting from a left foot back fighting stance. Block the punch with an outside in crescent kick with the left foot, setting the foot down in the front, then do a right spinning wheel kick to the face.