

4th Dan (for promotion to 5th Dan)

PATTERNS	STANCES	DEFENSIVE TECHNIQUES	OFFENSIVE TECHNIQUES	SPARRING	SELF DEFENCE	DESTRUCTION	THEORY
Yon-Gae 49 movements	Warrior ready stance A.	X-fist checking block.	Long fist punch.	<u>Step Sparring:</u>	10 pre arranged self defence routines of your own choice.	<u>Power test:</u>	Pattern meanings.
UI-ji 42 movements	Parallel stance with X Backhand.	Waist block.	Flying knifehand side strike.	10 routines showing all forms of step sparring.		<u>Hand:</u> Own choice	Ideal instructor
Moon Moo 61 Movements	Double step jumping.	Twin straight forearm checking block.	Twin side fist horizontal strike.	<u>Free Sparring:</u>		<u>Foot:</u> Own choice	Student and instructor relationship.
Plus all previous patterns.		Outward block and pushing block.	Side fist side strike.	With various partners plus two onto one.		<u>Special technique:</u> Own choice	
		Arc hand rising block.	Side thrusting kick.				
		Low side block and high side block.	High twisting kick.				
			Side front snap kick and wedging block.				