

Sam Jang (7th Gup)

Yellow 7 syllabus (Pattern 3) Sam Jang (7th Gup)

Practical	Instructor comments
Palm strike Long stance	
Knife Hand Guarding Block L/S	
Knife Hand Upper Block L/S	
Throat Grab L/S	
Combination Turning Kick, Tornado	
Combination Turning kick, Back kick	
Combination Sliding turning kick, Turning kick, Back Kick	
Combination Turning Kick, Axe Kick, Turning kick	
Combination Turning kick, Side Kick	

Break: Axe kick.

Student Name

Student age..... Date.....

Masters comments only

.....
.....
.....

Masters signature.....

Date.....