

## 6<sup>th</sup> Dan (for promotion to 7<sup>th</sup> Dan)

PATTERNS	STANCES	DEFENSIVE TECHNIQUES	OFFENSIVE TECHNIQUES	SPARRING	SELF DEFENCE	DESTRUCTION	THEORY
<p>Tong-il 56 movements</p> <p>Plus all previous patterns.</p>	N/A	<p>Palm low inward block.</p> <p>Twin palm horizontal block.</p> <p>Bow wrist upward block.</p> <p>Knifehand circular block.</p>	<p>Twin fist middle punch.</p> <p>Backhand outward strike.</p> <p>Angle fingertip thrust.</p> <p>Under fist front strike.</p> <p>Twin side back elbow thrust.</p>	<p><b><u>Step Sparring:</u></b></p> <p>10 routines showing all forms of step sparring.</p> <p><b><u>Free Sparring:</u></b></p> <p>With various partners plus two onto one.</p>	<p>10 pre arranged self defence routines of your own choice.</p>	<p><b><u>Power test:</u></b></p> <p><b><u>Hand:</u></b> Own choice</p> <p><b><u>Foot:</u></b> Own choice</p> <p><b><u>Special technique:</u></b> Own choice</p>	<p>Pattern meaning.</p> <p>A good knowledge of all Taekwon-do theory.</p>