



1st Dan Syllabus

TUL

Kwang-Gae, Po-Eun, Ge Baek

STANCES

One leg stance

Parallel stance heaven hand

Double stepping

Foot shifting (both feet)

DEFENSIVE TECHNIQUES

Double arc hand block.

Fore fist pressing block.

Inner forearm wedging block.

Low front block.

Low reverse block.

Nine shape block.

Reverse knife hand low guarding block.

Scooping block.

U shape block.

OFFENSIVE TECHNIQUES

Back elbow thrust.

Backfist front strike.

Horizontal strike.

Middle knuckle fist upset punch.

Side fist downward strike.

Twin elbow horizontal thrust.

Upset punch.

Pressing kick.

GROUND TECHNIQUES

Hand:

Ground Crosscut, Ground punch, Ground strike, Ground Thrust, Holding, Checking, Covering.

Foot:

Ground checking kick, Ground crescent kick, Ground hooking kick, Ground piercing kick. Ground smashing kick, Ground thrusting Kick, Ground dodging. Knee bending, Leg crossing.

STEP SPARRING

Dodging kicks 10 routines both sides.

FREE SPARRING

Various partners

CLOSE QUARTER COMBAT

Techniques against an attacker while kneeling, sitting and lying down. 10 routines.

DESTRUCTION

Power test:

Hand: knife hand strike

Foot: Turning Kick

Special technique: Flying reverse turning Kick.

THEORY

Pattern Meanings.

Theory of Power.

Vital Spots.

Stances.

Korean Terminology for required techniques.

Taekwon-Do Related essay (optional).

GRADING REQUIREMENTS

Class Attendance 80% of 18 months training, minimum. Sickness and personal reasons may be taken into consideration.

Class Attendance:

Grading Date:

Grading Result:

Instructors Signature: