



## 2<sup>ND</sup> Dan Syllabus

### TUL

Eui-Am, Choong-Jang, Juche, Ko-Dang

### STANCES

Diagonal stance

Close ready stance D

Parallel stance with side elbow

Close stance heaven hand

Bending ready stance B

### DEFENSIVE TECHNIQUES

Alternate palm downward block

Downward block

knife hand rising block

Low inward block Parallel block

Reverse knife hand circular block

Twin palm pressing block

Twin palm rising block

X-fist downward block

## OFFENSIVE TECHNIQUES

Downward Punch.

Crescent punch.

Turning punch.

Double finger thrust.

Backhand downward strike.

Backfist side front strike.

Twin knife hand horizontal strike.

Arc hand strike.

Twin fore knuckle fist crescent punch.

Crosscut.

High elbow strike.

Mid-air strike.

Straight elbow downward thrust.

Arc hand crescent strike.

Twin knife hand inward strike.

Back fist horizontal strike.

Flying consecutive punch.

Knee front snap kick.

Dodging reverse turning kick.

Two direction kick.

Stamping kick.

Straight kick.

## STEP SPARRING

10 routines: showing skill in Flying double kicks, flying consecutive kicks and flying combination kicks. Both sides.

## FREE SPARRING

Various partners

## CLOSE QUARTER COMBAT

Defence against knife and baton attacks.

## DESTRUCTION

### **Power test:**

**Hand:** Reverse knife hand strike

**Foot:** Back Kick

**Special technique:** Flying double, consecutive or combination kicks

## THEORY

Pattern meanings.

System of rank

Composition of Taekwon-Do.

Hand and foot parts.

System of sparring.

Taekwon-Do Related essay (optional).

## GRADING REQUIREMENTS

Class Attendance 80% of 2 years training, minimum. Sickness and personal reasons may be taken into consideration.

Class Attendance:

Grading Date:

Grading Result:

Instructors Signature: