



3rd Dan Syllabus

TUL

Sam-il, Yoo-Sin, Choi-Young

STANCES

Warrior ready stance B

DEFENSIVE TECHNIQUES

Foot lifting

Body dropping

High outward block and forearm low block.

Reverse knife hand guarding block.

X-knife hand rising block.

knife hand W-Shape block

Waving kick

OFFENSIVE TECHNIQUES

Double fist low punch.

U-shape punch.

Backhand horizontal strike.

Middle knuckle fist punch.

Sweeping kick.

Foot tackling.

Grasping kick.

Punching kick.

Striking kick.

Thrusting kick.

STEP SPARRING

10 routines.

4 X 1 step sparring,

4 X pre-arranged sparring

2 X model sparring.

FREE SPARRING

Various partners

CLOSE QUARTER COMBAT

10 routines, own choice

DESTRUCTION

Power test:

Hand: Own Choice

Foot: Own Choice

Special technique: Own Choice

THEORY

Pattern meanings.

Moral culture.

GRADING REQUIREMENTS

Class Attendance 80% of 3 years training, minimum. Sickness and personal reasons may be taken into consideration.

Class Attendance:

Grading Date:

Grading Result:

Instructors Signature: