



4th Dan Syllabus

TUL

Yon-Gae, Ul-ji, Moon Moo

STANCES

Warrior ready stance A.

Parallel stance with X Backhand.

Double step jumping.

DEFENSIVE TECHNIQUES

X-fist checking block.

Waist block.

Twin straight forearm checking block.

Outward block and pushing block.

Arc hand rising block.

Low side block and high side block.

OFFENSIVE TECHNIQUES

Long fist punch.

Flying knife hand side strike.

Twin side fist horizontal strike.

Side fist side strike.

Side thrusting kick.

High twisting kick.

Side front snap kick and wedging block.

STEP SPARRING

10 routines.

5 X 1 step sparring,

5 X pre-arranged 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.

Ideal instructor

Student and instructor relationship.

GRADING REQUIREMENTS

Class Attendance 80% of 4 years training, minimum. Sickness and personal reasons may be taken into consideration.

Class Attendance:

Grading Date:

Grading Result:

Instructors Signature: