



6th Dan Syllabus

TUL

Tong-IL

DEFENSIVE TECHNIQUES

Palm low inward block.

Twin palm horizontal block.

Bow wrist upward block.

knife hand circular block.

OFFENSIVE TECHNIQUES

Twin fist middle punch.

Backhand outward strike.

Angle fingertip thrust.

Under fist front strike.

Twin side back elbow thrust.

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 meaning.

Knowledge of all Taekwon-Do

GRADING REQUIREMENTS

Class Attendance 80% of 6 years training, minimum. Sickness and personal reasons may be taken into consideration.

Class Attendance:

Grading Date:

Grading Result:

Instructors Signature: