

IL DAN - BLUE REQUIREMENTS

MINIMUM REQUIREMENTS

12 Weeks and 24 classes since last test

NEW TECHNIQUES

Double Downward Kick – Front and Rear

Upset Punch

PATTERN: TAE YANG YUK JANG

(Front Stance) Rear Open Hand Inward Block, Front Leg Twisting Kick, Front Punch, Rear Reverse Knife Hand Strike, Dodge, Rear Reverse Knife Hand Strike

Last Direction: Add Front Reverse Knife Hand Strike

Right or Left side of the pattern is determined by the hand that blocks first.

Turning is performed by “C” Stepping back with rear foot.

Turn towards the right during the Right Side and turn towards the left during Left Side.

COMBINATION

(Front Stance) Rear Open Hand Inward Block, Front Leg Twisting Kick, Front Punch, Rear Reverse Knife Hand Strike, Dodge, Rear Reverse Knife Hand Strike, Front Reverse Knife Hand Strike

SPEED DRILL #13

(Front Stance) Crossleg Downward Kick, FP, RP, Rear Leg Swing Kick

DEFENSE DRILL

Number of Attackers: Two

Attack: Exchange Ki Haps and then attack (either attacker) with any technique

Defense: Block initial attacker while using a Bada Chaggi on the secondary attacker, counter initial attacker with 3 – 5 techniques then return to secondary attacker and finish with 3 – 5 techniques

AIR SHIELD ATTACK

2 on 1 air shield attack drill. (Attempting to move shields into a straight line)

POWER TEST

Rear Reverse Knife Hand Strike.