

TAN BELT REQUIREMENTS

MINIMUM REQUIREMENTS

7 Weeks and 14 classes since last test

NEW TECHNIQUES

Swing Kick (front Leg)

Front Round Punch

PATTERN: TAE UM SAM JUL

(Ready Stance to Front Stance) Outward Block, Rear Punch, Rear Leg Front Kick, Rear Punch, Front Punch, Dodge, Front Punch

COMBINATION

(Front Stance) Outward Block, Rear Punch, Rear Leg Front Kick, Rear Punch, Front Punch, Dodge, Front Punch

SPEED DRILL # 1

(Front Stance) Move Forward, Front Punch, Rear Punch, Rear Leg Swing Kick

DEFENSE DRILL

Movement: Free

Attack: Exchange Ki Haps and then attack with a single hand or foot technique

Defense: Block initial attack and counter attack with any 3 - 5 techniques

AIR SHIELD

Air Shield Attack with free movement.

POWER TEST

Front Punch