

TAN BELT SENIOR REQUIREMENTS

MINIMUM REQUIREMENTS

7 Weeks and 14 classes since last test

NEW TECHNIQUES

Swing Kick (rear leg)

Rear Round Punch

PATTERN - TAE UM SAM JANG

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

Last Direction: Add Rear Punch

Turning is performed by pivoting on both feet 90 degrees. Turn towards the left during the Right Side and turn towards the right during Left Side.

COMBINATION

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

CLOSE RANGE (ADULT ONLY)

Two hand Lapel grab.