

IL DAN REQUIREMENTS

MINIMUM REQUIREMENTS

12 Weeks and 24 classes since last test

NEW TECHNIQUES

Double Front Kick – Front and Rear

Double Vertical Round Punch (Front)

PATTERN: TAE YANG IL JANG

Rear Open Hand Inward Block, Front Leg Low Swing Kick, Rear Punch, Rear Knee Smash (put foot down in front), Rear Elbow Strike, Dodge, Rear Elbow Strike

Last Direction: Add Front Defensive Round Elbow

Turning is performed by pivoting on both feet.

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

COMBINATION

(Front Stance) Rear Open Hand Inward Block, Front Leg Low Swing Kick, Rear Punch, Rear Knee Smash (put foot down in front), Rear Elbow Strike, Dodge, Rear Elbow Strike, Front Defensive Round Elbow

SPEED DRILL #8

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

DEFENSE DRILL

Number of Attackers: Two

Attack: Exchange Ki Haps (only person attacking first)and then attack with any technique

Defense: Bada Chaggi initial attacker, move to secondary attacker and counter with 3 – 5 techniques then return to initial attacker and finish with 3 – 5 techniques.

AIR SHIELD

2 on 1 Bada Chaggi (performed same as defense on defense drill)

POWER TEST

Rear Elbow Strike 2 boards (one larger board for children)