

IL DAN - YELLOW REQUIREMENTS

MINIMUM REQUIREMENTS

12 Weeks and 24 classes since last test

NEW TECHNIQUES

Double Side Kick – Front and Rear

Double Vertical Round Punch (rear)

PATTERN: TAE YANG EE JANG

(Front stance) Palm Low Block, Front Leg Heel Kick, Front Punch, Rear Palm Strike, Dodge, Rear Palm Strike

Last Direction: Front Palm Strike

Turning is performed by “C” stepping with rear foot as you turn in the next direction

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

COMBINATION

(Front stance) Palm Low Block, Front Leg Heel Kick, Front Punch, Rear Palm Strike, Dodge, Rear Palm Strike, Front Palm Heel Strike.

SPEED DRILL #9

(Front Stance) Crossleg Side Kick, KH, RP, Rear Leg Swing Kick

DEFENSE DRILL

Number of Attackers: Two

Attack: Exchange Ki Haps and then attack (either attacker) 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 ATTACK

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

POWER TEST

Rear Palm Strike (1 Board)