

## **IL DAN - GOLD REQUIREMENTS**

### MINIMUM REQUIREMENTS

12 Weeks and 24 classes since last test

### NEW TECHNIQUES

Double Swing Kick – Front and Rear  
Spinning Side Fist Strike

### PATTERN: TAE YANG SAM JANG

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

Last Direction: Add Rear Palm Punch

Turning is performed by pivoting on both feet.

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

### COMBINATION

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

### SPEED DRILL #10

(Front Stance) Crossleg Swing 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: Step to the outside and block initial attacker and counter with 3 – 5 techniques, move to secondary attacker and counter with 3 – 5. With first step attempt to line up attackers in a straight line.

### AIR SHIELD ATTACK

2 on 1 air shield attack drill. (performed same as defense on defense drill)

### POWER TEST

Rear Leg Heel Kick (one boards)