

IL DAN - ORANGE REQUIREMENTS

MINIMUM REQUIREMENTS

12 Weeks and 24 classes since last test

NEW TECHNIQUES

Double Reverse Swing Kick – Front and Rear
Spinning Back Fist Strike

PATTERN: TAE YANG SA JANG

(Front Stance) Rear Hand Body Block, Front Leg Downward Kick, Front Punch, Rear Round Palm Strike, Dodge, Rear Round Palm Strike

Last Direction: Add Front Round Palm Strike

Right or Left side of the pattern is determined by the hand that blocks first.

Turning is performed by “C” stepping with rear foot.

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

COMBINATION

(Front Stance) Rear Hand Body Block, Front Leg Downward Kick, Front Punch, Rear Round Palm Strike, Dodge, Rear Round Palm Strike, Front Round Palm Strike.

SPEED DRILL #11

(Front Stance) Crossleg Reverse Swing 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: 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 Round Palm.