

IL DAN - GREEN REQUIREMENTS

MINIMUM REQUIREMENTS

12 Weeks and 24 classes since last test

NEW TECHNIQUES

Double Heel Kick – Front and Rear

Spinning Knife Hand Strike

PATTERN: TAE YANG OH JANG

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

Last Direction: Add Rear Round Palm Strike

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

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 Hand Body Block, Front Leg Downward Kick, Front Punch, Rear Punch, Rear Leg Downward Kick, Front Punch, Rear Punch, Front Round Palm Strike, Dodge, Front Round Palm Strike defensive, Rear Round Palm Strike.

SPEED DRILL #12

(Front Stance) Crossleg Heel 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: Block initial attacker while using a Bada Chaggi on the secondary attacker, counter initial attacker with 3 – 5 techniques then return to secondary attacker and finish with 3 – 5 techniques

AIR SHIELD ATTACK

2 on 1 air shield attack drill. (attempting to move shields into a straight line)

POWER TEST

Rear Leg Downward Kick