

IL DAN - PURPLE REQUIREMENTS

MINIMUM REQUIREMENTS

12 Weeks and 24 classes since last test

NEW TECHNIQUES

Double Crescent Kick – Front and Rear

Hammer Fist

PATTERN: TAE YANG CHIL JANG

(Front Stance) Rear Open Hand Inward Block, Front Leg Twisting Kick, Front Punch, Rear Punch, Rear Leg Twisting Kick, Front Punch, Rear Punch, Front Reverse Knife Hand Strike, Dodge, Front Reverse Knife Hand Strikedefensive

Last Direction: Add Rear Reverse Knife Hand 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 Open Hand Inward Block, Front Leg Twisting Kick, Front Punch, Rear Punch, Rear Leg Twisting Kick, Front Punch, Rear Punch, Front Reverse Knife Hand Strike, Dodge, Front Reverse Knife Hand Strikedefensive, Rear Reverse Knife Hand Strike

SPEED DRILL #14

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

DEFENSE DRILL

Examiners Request

AIR SHIELD ATTACK

Examiners Request

POWER TEST

Twisting Kick Rear Leg