

IL DAN - RED REQUIREMENTS

MINIMUM REQUIREMENTS

12 Weeks and 24 classes since last test

NEW TECHNIQUES

Double Twisting Kick - Front and Rear

Underhand Knife Hand Strike

PATTERN: TAE YANG PAL JANG

(Sitting Stance) Back Arm Inward Block, Front Leg Side Kick, Spin Side Kick, Knife Hand Strike, Rear Punch, Front Upward Punch, Rear Vertical Round Punch, Dodge, Double Rear Vertical Round Punch

Last Direction: Add Front Split Finger Thrust

Turning is performed by pivoting on both feet and taking small step back with rear foot.

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

COMBINATION

(Sitting Stance) Back Arm Inward Block, Front Leg Side Kick, Spin Side Kick, Knife Hand Strike, Rear Punch, Front Upward Punch, Rear Vertical Round Punch, Dodge, Double Rear Vertical Round Punch, Front Split Finger Thrust

SPEED DRILL #15

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

DEFENSE DRILL

Examiners Request

AIR SHIELD ATTACK

Examiners Request

POWER TEST

Double Spinning Side Kick or Double Rear Vertical Round Punch