

IL DAN - BROWN REQUIREMENTS

MINIMUM REQUIREMENTS

12 Weeks and 24 classes since last test

NEW TECHNIQUES

Double Spinning Side Kick Kick

Double Spinning Reverse Swing Kick

PATTERN: TAE YANG GOO JANG

(Sitting Stance) Back Arm Inward Block, Front Leg Swing Kick, Spin Reverse Swing 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 Swing Kick, Spin Reverse Swing 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 #16

(Sitting Stance) Spinning Side Kick, KH, RP, Rear Leg Swing Kick

SPEED DRILL #17

(Sitting Stance) Spinning Reverse Swing Kick, KH, RP, Rear Leg Swing Kick

DEFENSE DRILL

Examiners Request

AIR SHIELD ATTACK

Examiners Request

POWER TEST

Examiner's Request