

## **EE DAN REQUIREMENTS**

### MINIMUM REQUIREMENTS

24 Weeks and 48 classes since last test. Assist in 24 classes since last test.

### NEW TECHNIQUES

Sliding Front Foot Front Kick

Sliding Front Foot Side Kick

Sliding Front Foot Swing Kick

### PATTERN: OH HENG IL JANG

Step left foot sideways into sitting stance, (right side) palm low block, SK, (Front stance) KH, RP, RndP, dodge, RndP, SwK(front), (Side Stance) KH. Bring left foot to right.

Step right foot sideways into sitting stance, (left side) palm low block, SK, (Front Stance) KH, RP, RndP, dodge, RndP, SwK(front), (Side Stance) KH.

Step back with right foot into left front stance, outward block(OH), RP, FK(rear), FP, RP, dSK(rear), step down into left front stance, KH, RP, UpP, RndP(vertical).

Step back into right front stance, outward block(OH), RP, FK(rear), FP, RP, dSK(rear), step down into right front stance, KH, RP, UpP, RndP(vertical).

Step across turning forward into left front stance facing in opposite direction. Outward block(OH), RP, dodge, RP, FP, dFK(rear), RP, inward block, RP, RndP, dFK(rear), RP, inward block, RP, RndP.

Step with right foot turning into right front stance facing in opposite direction. KH, RP, dodge, RP, FP.

Front foot steps to rear foot to Paro.

### COMBINATION

Open hand outward block, rear punch, front kick (rear leg), front punch, rear punch, double side kick (rear leg), knife hand strike, rear punch, front upward punch, rear vertical round punch.

## **EE DAN REQUIREMENTS (CONTINUED)**

### SPEED DRILL # 1 – 8 (FRONT LEG KICKS)

#### DEFENSE DRILL

Number of Attackers: Three

Attack: Arrange yourselves and determine initial attacker and what each attacker is attacking with.

Defense: Ki-Hap when ready to begin and walk through defense slowly demonstrating what you would do and why. Repeat exact same scenario until you have walked through successfully defending against and eliminating each attacker.

#### AIR SHIELD ATTACK

3 on 1 air shield attack drill. (Attempting to line shields up into a straight line)

#### POWER TEST

Sliding front leg front kick, sliding front leg side kick, sliding front leg swing kick