

EE DAN RED REQUIREMENTS

MINIMUM REQUIREMENTS

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

NEW TECHNIQUES

Sliding Rear Foot Heel Kick

Sliding Rear Foot Downward Kick

Sliding Rear Foot Crescent Kick

PATTERN: OH HENG OH JANG

To the right; SK / RevSwK (land in right front stance), RP, RndP, KH, RP, knee smash(rear) (put foot back down in rear), front round elbow strike, dodge, front round elbow strike(def).

Bring front foot to rear turning left; SK / RevSwK (land in left front stance), RP, RndP, KH, RP, knee smash(rear) (put foot back down in rear), front round elbow strike, dodge, front round elbow strike(def).

Step back with left foot into right side stance facing forward; low palm block / revKH, revSwK(front), spinning SK, KH, RP, inward block(OH), SwK(front – ball of foot), spinning dRevSwK, KH, RP.

Step back with right foot into left side stance facing forward; low palm block / revKH, revSwK(front), spinning SK, KH, RP, inward block(OH), SwK(front – ball of foot), spinning dRevSwK, KH, RP.

Move front foot back into right side stance; rear palm inward block (left hand), RevKH, SK / RevSwK, KH, RP, RndP(def), KH, RP, rear knee smash (put foot back down in rear), rear straight elbow, dodge, rear straight elbow. Move front foot (right) back into left front stance; outward block(OH), RP, vertRndP(forward).

Move rear foot back into left side stance; rear palm inward block (right hand), RevKH, SK / RevSwK, KH, RP, RndP(def), KH, RP, rear knee smash (put foot back down in rear), rear straight elbow, dodge, rear straight elbow. Move front foot (left) back into right front stance; outward block(OH), RP, vertRndP(forward).

Rear foot steps to front foot to Paro.

EE DAN RED REQUIREMENTS (CONTINUED)

COMBINATION

Reverse palm inward block, front reverse knife hand strike, side kick / reverse swing kick (front leg), knife hand strike, rear punch, front round punch (def), knife hand strike, rear punch. rear knee strike, rear elbow strike.

SPEED DRILL # 1 - 16

DEFENSE DRILL

Examiners Request

AIR SHIELD ATTACK

Examiners Request

POWER TEST

Sliding rear leg heel kick, sliding rear leg downward kick, sliding rear leg crescent kick