



Red Belt
(Minimum 45 classes)

Form: **T'OI GYE** (37 moves): is the pen name of the noted scholar Yi Hwang an authority on Neo-Confucianism. The 37 movements of the pattern refer to his birth -place on the 37 degree latitude. (Right Foot Returns)
**** SURPRISE FORM** - Lower belt form.

Combos:

1. Foot-To-Foot Hawkeye Kick, Jump Spin Sidekick, Back Leg Roundhouse Kick / Sidekick, Front Punch, Back Punch
2. Shuffle Front Punch / Back Punch, Cross Step Back Ridgehand, Cross Step Back Punch
3. Front Punch, Back Punch, Back Leg Hawkeye Kick, Tornado Crescent Kick, Spin Hook Kick, Back Punch
4. Front Punch, Back Punch, Front Punch, Spin Sidekick / Hook Kick, Back Leg Inside Axe Kick, Back Ridgehand

Pressure Points: Diagram is in the information rack!

Sparring: Point Sparring

Physical Conditioning: 18" Elevated Push-ups
12" Leg Lock-out (Timed)

Character & Attitude: Submit a Sculpture

Breaking: 1. Jump Sidekick 2. Downward Elbow