

TAO-I LI LIANG

YELLOW BELT REQUIREMENTS

SPIRIT:

Learn confidence through your techniques and how to kihap.

ETIQUETTE:

Learn how to conduct oneself in the class. Learn Dojang manners and how to tie the belt properly.

TECHNIQUES:

Stretching, Fighting Stance, Ducking, Front Outer Strike, Rear Cross Punch, Front Leg Front Kick, Inward Strike, Side Fist Strike.

COMBINATIONS:

Combination #1 - Front Outer Strike, Front Leg Front Kick, Rear Cross Punch, Step Back, Front Outer Strike, Front Leg Front Kick, Rear Cross Punch on both sides.

DRILLS:

Drill #1 - Front Outer Strike, Front Inward Strike, Front Side Fist, Rear Cross Punch, Step Forward, Front Side Fist, Rear Cross Punch on both sides.

FOCUS:

Focus is on footwork, balance and breathing while developing flow.

SPEED:

Speed should be applied to the movement of the individual techniques learned above in the air.

POWER:

Concentrate on applying power in the punches and kicks.

ENDURANCE:

Use the 1st form and the 1st combination repetitively to build ballistic muscle endurance.

FORM:

IL HYUNG - First form - Front Outer Strike, Rear Cross Punch, Step Back, Front Outer Strike, Rear Cross Punch continued in the "X" pattern. See forms.

SELF-DEFENSE:

Same Side Grab I, Opposite Side Grab I, Hair Grab, Lapel Grab.

GRAPPLING:

Learn how to move on your knees and perform the self-defense listed above on the ground.

WEAPONS:

Learn Short Stick Defense (club, baton, etc...) evasion and reaction strikes and basic short stick self-defense.

BREAKING:

Learn how to break a board with a Front Leg Front Kick.

FIGHTING:

Introduction to simulated fighting - one attack.

THINKING:

Realize that you can use your body weapons in a self-defense situation.

KNOWLEDGE:

Learn - What is martial arts?