

FITNESS

- ☐ 30 sec. Push Ups ☐ 30 sec. Sit Up
☐ 30 sec. Consecutive Side Kicks ea leg

SPECIALTY KICKING

- ☐ Rear Leg Front Kick/Skip Front
☐ Rear Leg Side Kick/Skip Side Kick
☐ Rear Leg Turning Kick/Skip Turning Kick

Combination:

- ☐ Lead Leg Side Kick/Spin Side

SELF DEFENSE #1-4 of 6

- ☐ 1. 1 Hand Lapel Grab or Choke
☐ 2. 2 Hand Lapel Grab or Choke
☐ 3. 1 Arm Choke From Behind
☐ 4. Bear Hug Front & Rear

-1- STEP SPARRING #1-4 of 6

- ☐ 1. L Block / R High Punch (simltaneous)
☐ 2. L Palm Block, R Middle Punch
☐ 3. Dbl Punch Attack
 R Inside Outside Forearm Block
 R Rising Kick, R Upset Punch
☐ 4. R KnifeHand Block, R Hooking Kick

- ☐ **PATTERN Do San**
☐ **PATTERN Won Hyo**

☐ **Educational Requirements**

-See requirement listed-

SPARRING

NOTE: Sparring "Safety Gear" is Required at this level.

Sparring Footwork #1-7

Free Sparring - Line Up By Height

FOCUS BREAK

- Adult- Skip Front Kick
 360° Spin Side Kick
 Junior- 360° Spin Side Kick

*2 Board Required- 1' x 12" #2 Pine
 Adult cut every 10 "
 Junior cut every 8 "

EDUCATION TEST REQUIREMENT

- ☐ **PATTERN Do San 24 Moves**
☐ **PATTERN Won Hyo 28 Moves**

☐ **MEMORIZE WON HYO MEANING:** was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

☐ **READY POSTURE** Closed Ready Stance A

☐ **Describe "sine-wave"**

A natural up & down body motion created through the use of "knee-spring"

☐ **Explain "opposite motion"**

Every action has an equal and opposite reaction. Every force exerted in one direction has an equal and opposite force exerted in the opposite direction. A punch with the right fist can be aided by pulling back the left fist to the hip.

☐ **Write 5 short essays based on 5 short stories taken from the book "Zen in the Martial Arts"**

☐ **Study these basic "kicks" in Korean:**

- | | |
|--------------------|------------------|
| Kick | Chagi |
| Front Stretch Kick | Ap Cha Olligi |
| Side Stretch Kick | Ye Ap Cha Olligi |
| Front Kick | Ap Chagi |
| Side Kick | Ye Ap Chagi |
| Turning Kick | Dollyo Chagi |

☐ **Study these basic "stances" in Korean:**

- | | |
|----------------|--------------|
| Attention | Charyot |
| Ready Stance | Joon Be Sogi |
| Walking Stance | Gunnun Sogi |
| Sitting Stance | Annun Sogi |
| L- Stance | Niunja Sogi |

☐ **What does "SELF CONTROL" mean?**

To control my thoughts and actions by choice.

Korean terminology - ADDRESSING SENIORS

- | Degree | Title | Translation |
|--------|-------------------------|---------------|
| 1-3 | Assistant Instructor | Bu Sa Bum Nim |
| 4-6 | Instructor | Sa Bum Nim |
| 7-8 | Master Instructor | Sa Hyung Nim |
| 9 | Grand Master Instructor | Sa Syung Nim |

PATTERN REQUIREMENT

Patterns can be seen on line at www.ktkdmembers.com

WON HYO 28 Moves Closed Ready Stance 'A'

Count	Technique	Stance	Facing	Comment
1.	Twin Outer Forearm Block	L	B	
2.	R Knifehand Inward High Strike		B	No Step
3.	L Middle Punch	Fixed	B	Slip L Foot
4.	Twin Outer Forearm Block	L	A	
5.	L Knifehand Inward High Strike		A	No Step
6.	R Middle Punch	Fixed	A	Slip R Foot

Step R foot to L

7.	Bending Ready Stance A		D	
8.	L Side Piercing Middle Kick/L Punch		D	
9.	Double Knifehand Middle Guard L	L	D	
10.	Double Knifehand Middle Guard L	L	D	
11.	Double Knifehand Middle Guard L	L	D	
12.	R Straight Fingertip Middle Thrust Walking		D	

13.	Twin Outer Forearm Block	L	A	
14.	R Knifehand Inward High Strike		A	No Step
15.	L Middle Punch	Fixed	A	Slip L Foot
15.	Twin Outer Forearm Block	L	B	
17.	L Knifehand Inward High Strike		B	No Step
18.	R Middle Punch	Fixed	B	Slip R Foot

Step R foot to L

19.	R Inner Forearm Circular Block	Walking	C	
20.	R Low Front Kick		C	
21.	L Middle Punch	Walking	C	
22.	L Inner Forearm Circular Block	Walking	C	
23.	L Low Front Kick		C	
24.	R Middle Punch	Walking	C	

25.	Bending Ready Stance A		C	
26.	R Side Piercing Middle Kick		C	
27.	Guarding Block	L	B	
28.	Guarding Block	L	A	

END: Bring the right foot back to a ready posture.

