

REQUIRED TECHNIQUES **BLUE TO BROWN BELT**

TKD

KICKING:

- ❑ FLYING BACK-SIDE
- ❑ FLYING BACK-SWING
- ❑ ROUNDHOUSE KICK—STRIKE WITH BALL
- ❑ ROUNDHOUSE KICK—STRIKE WITH HEEL

(non-test kicks below)

- ❑ TOUCH KICK
- ❑ SWITCH KICK

FORMS:

- ❑ PALGWE OH JANG (PALGWE 5)

HAPKIDO

HAND-SHAKES:

1. BLENDED LOCKS:
 - ❑ CANE TO FAN
 - ❑ CANE TO VERTICAL PIN
 - ❑ FAN TO CANE
 - ❑ FAN TO VERTICAL PIN
 - ❑ VERTICAL PIN TO CANE
 - ❑ VERTICAL PIN TO FAN
2. REVERSALS

THROWS:

- ❑ HANDSHAKE TAKEDOWNS
- ❑ INSIDE PIVOT/REVERSE
- ❑ OUTSIDE PIVOT/REVERSE
- ❑ INSIDE CHICKEN-WING THROW
- ❑ OUTSIDE CHICKEN-WING THROW
- ❑ 2ND POINT ARMBAR THROW

CHOKES

- ❑
- ❑ ARM SCISSOR CHOKE

WEAPONS

STICKS (SINGLE)

1. BLOCKS
 - OUTSIDE ROOF BLOCK (HIGH-SECTION)
 - INSIDE ROOF BLOCK
 - INSIDE MIDDLE SECTION
 - OUTSIDE MIDDLE SECTION
 - INSIDE LOW SECTION 1 (GOLF SWING)
 - INSIDE LOW SECTION 2 (BACK-HAND)
 - OUTSIDE LOW SECTION

2. STRIKES
 - EIGHT BASIC ANGLES (SEE 8 ANGLES CHART)

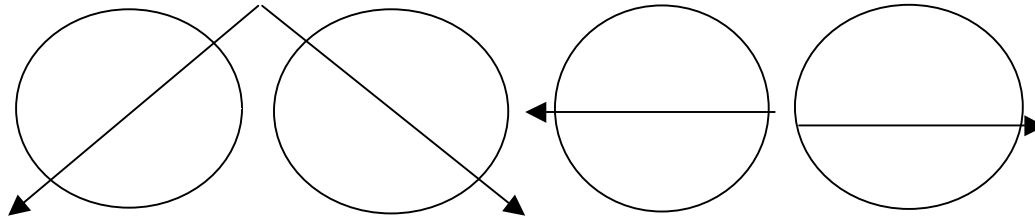
3. DRILLS
 - FIGURE 8
 - WRIST ROLLS (INSIDE & OUTSIDE)
 - OUTSIDE ROLLS (DOWN & UP)
 - DEFEND & COUNTER DRILL

4. SPARRING
 - 1-STEP STICK SPARRING
 - FREE-SPARRING- PADDED WEAPONS

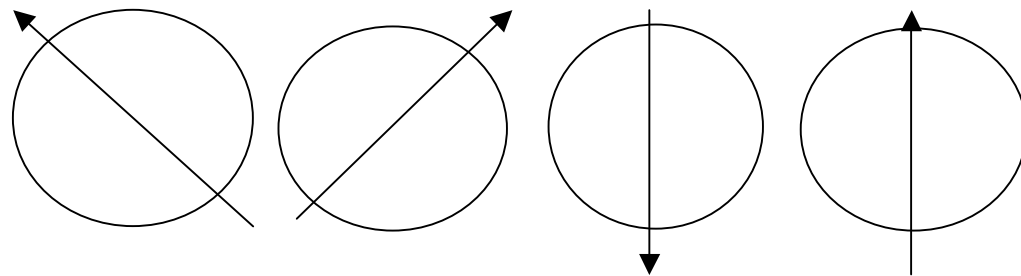
.....

NOTES & QUESTIONS

8 BASIC ANGLES OF ATTACK FOR WEAPONS



1-R (2-L)	2-R (1-L)	3-R (4-L)	4-R (3-L)
-----------	-----------	-----------	-----------



5-R (6-L)	6-R (5-L)	7	8
-----------	-----------	---	---

--	--	--	--

Weapons Training- 8 Basic Angles of Attack

This chart is to help you with your basic weapon attack drill.
 The drill is for your striking and edged weapons.
 Advanced drills and additional angles will be incorporated later.

Please follow all weapons rules as outlined by your instructors.

NOTES-