

# **REQUIRED TECHNIQUES** **BROWN II TO RED**

## **TKD**

### **KICKING:**

- ❑ ROUND-HOUSE (BALL OF FOOT)
- ❑ FRONT-SNAP (HEEL)
- ❑ BACK-KICK
- ❑ BACK UPPERCUT KICK
- ❑ BACK OUTSIDE KICK
- ❑ JUMPING BACK OUTSIDE KICK

### **FORMS:**

- ❑ PALGWE CHIL JANG (PALGWE 7)

## **HAPKIDO**

### **KICK DEFENSE:**

- ❑ OVER-HOOK CATCH- INSIDE/OUTSIDE- LOW KICK COUNTER
- ❑ UNDERHOOK CATCH- INSIDE/OUTSIDE- LOW KICK COUNTER
- ❑ LEG PULL THROW (OVERHOOK/UNDERHOOK)
- ❑ OVERHOOK OUTSIDE-SHORT THROW
- ❑ UNDERHOOK OUTSIDE-SHORT THROW

### **HAND-SHAKES:**

#### *FROM CANE:*

- ❑ VERTICAL REVERSE CANE- PALM TRAPPED AT CHEST
- ❑ REVERSE CANE- DOWNWARD FOLD (ELBOW TO GROUND)

#### *FROM FAN-*

- ❑ LONG STEP FAN LOCK (OUTSIDE-TO-INSIDE PIVOT)
- ❑ LONG STEP REVERSE FAN LOCK (INSIDE-TO-OUTSIDE PIVOT)

### **LEG LOCKS:**

#### *FROM CANE-*

- ❑ REVERSE LEG-BAR (KNEE TO CHEST OR HIP)
- ❑ SPLIT LOCK

#### *FROM FAN-*

- ❑ INSIDE ANKLE TWIST- ROLL OVER
- ❑ OUTSIDE ANKLE TWIST- STEP OVER & PIN

**THROWS:**

- ❑ FIREMAN'S THROW
- ❑ FORWARD FOOT SWEEP
- ❑ VERTICAL REVERSE CANE THROW (VERTICAL PIN PIVOT)
- ❑ REVERSE CANE- DOWNWARD FOLD THROW
- ❑ LONG STEP FAN THROW
- ❑ LONG STEP REVERSE FAN THROW

**CHOKES:**

- ❑ HALF-NELSON BLADE CHOKE
- ❑ FRONT DOUBLE LAPEL CHOKE
- ❑ REAR DOUBLE LAPEL (SCISSOR) CHOKE
- ❑ FIST CHOKE- LAPEL/NECK BRACE