

Toi-Gae
Incorrect move _____

W-Stance	L-Stance	Closed Ready Stance B
<input type="checkbox"/> longer - shorter	<input type="checkbox"/> back knee over foot	<input type="checkbox"/> Feet together
<input type="checkbox"/> wider - too wide	<input type="checkbox"/> bend the knees	<input type="checkbox"/> forearms horizontal
<input type="checkbox"/> back foot 25'	<input type="checkbox"/> longer/shorter	<input type="checkbox"/> right fist covered
<input type="checkbox"/> heel lifting	<input type="checkbox"/> heels lifting	<input type="checkbox"/> eyes straight ahead
<input type="checkbox"/> back leg bent	<input type="checkbox"/> 70/30	
<input type="checkbox"/> front leg straight	<input type="checkbox"/> longer shorter	

Inner Forearm Block

<input type="checkbox"/> Fist shoulder height	<input type="checkbox"/> palm upwards
<input type="checkbox"/> 90 degree bend in arm	<input type="checkbox"/> palm belt level

Upset Finger tip Thrust

<input type="checkbox"/> arm straight	<input type="checkbox"/> reaction hand slightly off chest
<input type="checkbox"/> reaction hand on shoulder line	<input type="checkbox"/> reaction hand to opposite shoulder

Back Fist

<input type="checkbox"/> elbow to fist vertical	<input type="checkbox"/> hands vertical
<input type="checkbox"/> perform slowly	<input type="checkbox"/> bend supporting knee
<input type="checkbox"/> reaction hand on shoulder line	<input type="checkbox"/> Flat finger tip thrust

Head grab & Knee

<input type="checkbox"/> hands vertical	<input type="checkbox"/> front hand
<input type="checkbox"/> bend supporting knee	<input type="checkbox"/> walking stance

Twin Side Elbow

<input type="checkbox"/> perform slowly	<input type="checkbox"/> Jump to X block
<input type="checkbox"/> cross hands chest hi	<input type="checkbox"/> keep back straight

W-Shape Block

<input type="checkbox"/> stomp	<input type="checkbox"/> proper tool
<input type="checkbox"/> tight fists	<input type="checkbox"/> more body torque
<input type="checkbox"/> lower elbows	<input type="checkbox"/> block moving wrong way

Pushing Block

<input type="checkbox"/> L-stance	<input type="checkbox"/> Circle blocks
<input type="checkbox"/> circular motion	<input type="checkbox"/> shift front foot
<input type="checkbox"/> lower	<input type="checkbox"/> block too high

Misc.

<input type="checkbox"/> don't look back on backfist	<input type="checkbox"/> extend arm further from body
<input type="checkbox"/> pivot on front foot to low knifehand	

3 0

Hwa-Rang
Incorrect move _____

W-Stance	L-Stance	Closed Ready Stance C
<input type="checkbox"/> longer - shorter	<input type="checkbox"/> back knee over foot	<input type="checkbox"/> Feet together
<input type="checkbox"/> wider - too wide	<input type="checkbox"/> bend the knees	<input type="checkbox"/> left hand over right
<input type="checkbox"/> back foot 25'	<input type="checkbox"/> longer/shorter	
<input type="checkbox"/> heel lifting	<input type="checkbox"/> heels lifting	
<input type="checkbox"/> back leg bent	<input type="checkbox"/> 70/30	
<input type="checkbox"/> front leg straight	<input type="checkbox"/> longer shorter	

Open Palm Pushing block

<input type="checkbox"/> open fingers more	<input type="checkbox"/> use back ahnd
<input type="checkbox"/> on shoulder line	<input type="checkbox"/> punch center line
<input type="checkbox"/> torque like a punch	<input type="checkbox"/> spring the knees

Downward Strike w/Knifehand

<input type="checkbox"/> focus feet and hand	<input type="checkbox"/> Elbow Thrust
<input type="checkbox"/> feet in vertical stance	<input type="checkbox"/> Look at target
<input type="checkbox"/> striking arm circles outside reaction arm	<input type="checkbox"/> stance too narrow
	<input type="checkbox"/> hands on hips

Grabbing motion

<input type="checkbox"/> left hand grabs from side	<input type="checkbox"/> Inner Forearm Block
<input type="checkbox"/> drag back foot	<input type="checkbox"/> elbow to fist vertical
<input type="checkbox"/> both feet 25 degrees	<input type="checkbox"/> reaction hand on shoulder line
<input type="checkbox"/> bend knees	<input type="checkbox"/> reaction hand further away
<input type="checkbox"/> Pull hand s as you kick	<input type="checkbox"/> block higher

Turning Kicks

<input type="checkbox"/> pivot foor	
<input type="checkbox"/> tool	
<input type="checkbox"/> rotate hip more	
<input type="checkbox"/> angle foot down more	
<input type="checkbox"/> kick off to sides more	
<input type="checkbox"/> fast motion	

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Self-defence

<input type="checkbox"/> guard up	<input type="checkbox"/> make them tap out	<input type="checkbox"/> don't let go	<input type="checkbox"/> will not work	<input type="checkbox"/> incomplete
<input type="checkbox"/> retaliate	<input type="checkbox"/> work the wrist	<input type="checkbox"/> don't turn your back	<input type="checkbox"/> wrong self-defense for level	<input type="checkbox"/> needs practise
<input type="checkbox"/> shock	<input type="checkbox"/> work the elbow	<input type="checkbox"/> not realistic	<input type="checkbox"/> control opponent	<input type="checkbox"/> balance

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Sparring

Attack	<input type="checkbox"/> proper starting position	<input type="checkbox"/> proper distance for attack	<input type="checkbox"/> stance
<input type="checkbox"/> model sparring	<input type="checkbox"/> power	<input type="checkbox"/> tool	<input type="checkbox"/> balance
1 <input type="checkbox"/>			
2 <input type="checkbox"/>	Defence	<input type="checkbox"/> proper starting position	<input type="checkbox"/> stance
	<input type="checkbox"/> distance to target on retaliation	<input type="checkbox"/> not logical	<input type="checkbox"/> tool
		<input type="checkbox"/> correct block for attack	<input type="checkbox"/> power
			<input type="checkbox"/> kiya

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Breaking

<input type="checkbox"/> 2 brds combo hand/ft	<input type="checkbox"/> not enough power	<input type="checkbox"/> wrong tool	<input type="checkbox"/> eyes on target	<input type="checkbox"/> sine wave
<input type="checkbox"/> 2 brds foot	<input type="checkbox"/> more speed	<input type="checkbox"/> balance off	<input type="checkbox"/> two tries/break	<input type="checkbox"/> guard
<input type="checkbox"/> 1 brd jump/fly kick over obstacle	<input type="checkbox"/> use body too	<input type="checkbox"/> drive body into it	<input type="checkbox"/> step behind	
	<input type="checkbox"/> no confidence	<input type="checkbox"/> targeting	<input type="checkbox"/> two tries/no break	

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Question

<input type="checkbox"/> -1 sir	_____	1	2	3	4	5
<input type="checkbox"/> -1 bow	_____					
<input type="checkbox"/> -1 2-3 steps	_____					
<input type="checkbox"/> -1 hands on table	written question	<input type="checkbox"/> yes	<input type="checkbox"/> no			

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Free sparring

<input type="checkbox"/> too far away from opponent	<input type="checkbox"/> chunbe position
<input type="checkbox"/> ignoring opponents techniques	<input type="checkbox"/> hands are down
<input type="checkbox"/> Not dodging opponent	<input type="checkbox"/> low kicks
<input type="checkbox"/> eyes not on opponent	<input type="checkbox"/> unsure of self
<input type="checkbox"/> not timing opponent	<input type="checkbox"/> no equipment
<input type="checkbox"/> no counter techniques	
<input type="checkbox"/> stop opponents rush	
<input type="checkbox"/> reaching for blocks	
<input type="checkbox"/> too aggressive	
<input type="checkbox"/> no combinations	

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75% to pass

retest if - 19 or less on first pattern
retest if - 19 or less on 2nd pattern

TOTAL

100