

Yul-Gok Incorrect move _____

W-Stance as in Won_hyo

L-Stance as in Won_hyo

Punch/fist

- wrist bent
- middle punch
- reaction
- tighter fist

1st and 4th move, both hands

1st and 4th move, slow

1st and 4th move, shoulder line

Inner forearm crossed wrong

Front snap kick rechamber

Sine Wave

- more knee spring in sitting stance
- lift heel on hooking palm block
- do not lift heels in L-Stance

Hooking Palm Block

- crossed hands wrong
- bend elbow and wrist
- come down more with block
- 1/2 facing connecting

Twin Knife hand block

- open hands at last second
- use proper tool (angle of hands)
- tools on proper lines
- bend front elbow more (less)
- Angle the back arm more

Back fist X-stance

- 1/2 facing cross wrong
- feet 1/2 facing

Misc.

- focus hand/foot
- eyes on target
- off mark
- breathing
- pre-action
- more practice
- power
- hand on hip
- reaction

Chun-Gun Incorrect move _____

Walking stance

- longer - shorter
- wider - too wide
- back foot 25'
- heel lifting
- back leg bent
- front leg straight

L-Stance

- back knee over foot
- bend the knees
- longer/shorter
- heels lifting
- longer shorter
- 70/30

Rear Foot Stance

- 1 shoulder length
- 90/10 weight
- bend back knee more
- front foot 25 degrees

reverse knifehand

- keep thumb in
- torque at last second

knifehand guard

- bend front elbow
- too high
- more pre-action
- close hands until last second
- rear hand over solar plexus

Elbow strike

- don't punch backwards
- wrist is bent
- back of fist faces up

Twin upset punch

- arms should be horizontal
- too close / too wide

High X block

- sweep arms upward
- left hand outside

Sine Wave

- shift front foot on elbow strike
- slide foot sideways on wristbreak

Backfist strike

- crossed wrong
- high strike

Upward block

- more of a swinging action
- open palm all the way
- solar plexus height
- drop body when blocking
- extend arm further from body

Breaking motion

- slip foot out
- drop arm down, then in

Double forearm block

- high block
- baby finger knuckle to elbow

Palm pressing block

- upward block solar plexus
- low block chest line

Angle punch

- don't close the arm, punch
- fist too close to body

U-shape block low arm flat

- hands above each other

Side Piercing Kick

- Rechamber kick
- Balance
- proper tool
- Extend hip
- punch with kick
- pivot foot

Self-defence

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

Sparring

Checking distance

- did not check distance
- proper foot
- stance
- kiya
- correct distance
- placement
- proper starting position
- wrong foot to starting pos.

Two Step

1

2

3

4

Attack

- proper attack
- too quick
- foot placement
- torque
- sine wave
- stance
- reaction
- tool

Defence

- wrong foot back
- distance to target
- wrong block
- power
- sine wave
- don't step on retaliation
- reaction
- torque
- stance
- tool
- kiya

Breaking

- front kick
- hand technique
- turning kick
- not enough power
- more speed
- no confidence
- pivot foot
- wrong tool
- balance off
- targeting
- use body too
- eyes on target
- two tries/break
- two tries/no break
- sine wave
- guard

Question

-1 sir _____

-1 bow _____

-1 2 -3 steps _____

-1 hands on table **written question** yes no

1 2 3 4 5

Free sparring

- too far away from opponent
- ignoring opponents techniques
- Not dodging opponent
- eyes not on opponent
- not timing opponent
- no counter techniques
- stop opponents rush
- reaching for blocks
- too aggressive
- no combinations
- chunbe position
- hands are down
- low kicks
- unsure of self
- no equipment
- be more active

75% to pass

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

TOTAL