Current Belt Gup	Belt Gup	requested	Age	Date	Belt Size	
Dan-Gun				Do-San		Pass
Incorrect move	·	L-Stance	-	Incorrect move		L Ctonoo
W-Stance				W-Stance	□	L-Stance
longer - shorter	50/50 weight 70/30			longer - shorte	—	bend the knees
wider - too wide	sliding feet	feet 15'		wider - too wide	—	longer/shorter
back foot 25'	body leaning	bend the knees	;	back foot 25'	50/50	back knee over foot
heel lifting	longer/shorter			heel lifting	Sitting Stance	<u></u>
back leg bent		wider / too wide	9	back leg bent	feet not straigh	t feet too wide
front leg straight		back knee over	foot	front leg straight	knees leaning i	n 50/50
Sine Wave	ine Wave Knife hand guarding block				High outer for	earm block
lift heel	bend front elbow			lift heel	bend elbov	
bend back knee	too high			bend back knee	——	crossed wrong
replace heel	more pre-action			replace heel	too low	1/2 facing
Topiaco ricoi		d over solar plexus		Punch		ard same as dangu
	—	•				finger tip thrust
Dumah /fiat	close na	nds until last second		tighter fist		
Punch/fist				center		should be vertical
tighter fist center Twin forearm block				middle punch	center	line
higher preaction crossed wrong				Wedging bloc	reactio	n hand under elbow
Rising block	sing block lead arm too straight				too wide lift left	elbow to be flat
crossed wrong					left har	nd should not touch
angle the arm	rear arm	too far back		Rising Block	Back fis	i t
~	rear arm	too low		crossed wrong	crosse	d wrong
Knifehand strike arms are backwards position				angle the arm	wrong	ŭ
·				Knifehand Stri	<u> </u>	
H '						_
arm should be stra	igni			crossed wrong	rechan	
Mico				arm should be s	·	
Misc.		_	· · · · · · · · · · · · · · · · · · ·	Fast motion		, i
focus hand/foot	breathing	hand on hip		focus hand/foot	breathing	power
eyes on target	pre-action	power		eyes on target	pre-action	hand on hip
off mark	more practice	reaction	3 0	off mark	more practice	reaction 3 0
Self-defence						
guard up	make them tap out	don't let go		will not work	incomplete	
retaliate	work the wrist	don't turn your	back wr	ong self-defense for I	evel needs prac	tise
shock	work the elbow	not realistic		ntrol opponent	balance	1 0
Sparring	Checking distance	proper foot	stance	correct distance		
Oparring		not check distance	kiya	placement	wrong foot to starti	
3-step Two Way		ioi check distance	Kiya	piacement	wrong root to starti	11g pos. 3
3-Step I WO Way	🗂	🗀		— . г		<u> </u>
. —	Attack proper a	— ·	cement	sine wave	reaction tool	
1	too quic	torque		stance		
2	_		-			3
3	Defence wro	ng foot back	wrong block	sine wave	reaction torque	tool
4	dista	ince to target	power	don't step on re	taliation stance	kiya
		<u></u>	•		<u></u>	4
Breaking	not a	enough power	wrong too	eyes on	target Sir	ne wave
	. —	• .	_			lard
standing back kick	· ——	e speed	balance of			
	vert. or horz.	no confidence	targeting			w to senior 5
Question			_ 1 2 3		sparring	
-1 sir					away from opponent	
-1 bow	-			ignoring	opponents techniques	1 5
-1 2 -3 steps				Not dod	ging opponent	
-1 hands on table				5 eyes no	t on opponent	chunbe position
				=	ng opponent	hands are down
					ter techniques	low kicks
75% to pas	9				oonents rush	unsure of self
10/0 to pas			l 			4
		- -			g for blocks	no equipment
	or less on first pat		OTAL	too agg		Be more active
retest if - 19	or less on 2nd pat	tern	<u> </u>		oinations	
			10	0		- 60
					·	00

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