

Chon-ji
Incorrect move _____

W-Stance

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

L-Stance

- weight 70/30
- feet 15'
- bend the knees
- longer/shorter
- wider / too wide
- back knee over foot

Low Block

- crossed wrong low block left arm
- crossed wrong low block right arm
- 1/2 facing

Punch/fist

- should be full facing
- center
- higher
- lower
- reaction
- tighter fist

Inner forearm block

- block from the side more
- keep arm away from body
- bend - straighten elbow
- lower
- higher
- wrist bent
- bend arm more/less
- torque too soon
- tool
- 1/2 facing
- cross wrong
- left arm
- right arm

Misc.

- hand on hip
- concentrate
- eyes on target
- tempo _____
- hold last move
- off mark

3 0

Dan-Gun
Incorrect move _____

W-Stance

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

L-Stance

- weight 70/30
- feet 15'
- bend the knees
- longer/shorter
- wider / too wide
- back knee over foot

Sine Wave

- lift heel
- bend back knee
- replace heel
- continuous motion

Knife hand guarding block

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

Punch/fist

- same as Chon-ji

Rising block

- crossed wrong
- angle the arm

Knifehand strike

- crossed wrong
- arm should be straight

Misc.

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

3 0

Self-defence 2 moves

- 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-defence for level
- control opponent
- incomplete
- needs practise
- balance

1 0

Sparring

Checking distance

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

3-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
- stance
- torque
- tool
- kiya

4 3 3

Breaking

- Stomp Kick
- 2 for adults
- not enough power
- more speed
- no confidence
- wrong tool
- balance off
- targeting
- eyes on target
- two tries/break
- two tries/no break
- sine wave
- guard
- bow to senior

5

Question

-1 sir _____

-1 bow _____

-1 2-3 steps _____

-1 hands on table _____

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
- do more techniques

5

1 0

75% to pass

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

TOTAL

100