

Sa-ju Makgi

Incorrect move _____

- | | |
|--|---|
| <input type="checkbox"/> longer | <input type="checkbox"/> wider |
| <input type="checkbox"/> shorter | <input type="checkbox"/> too wide |
| <input type="checkbox"/> back foot 25' | <input type="checkbox"/> back leg bent |
| <input type="checkbox"/> body leaning | <input type="checkbox"/> front leg straight |
| <input type="checkbox"/> heel lifting | <input type="checkbox"/> weight 50/50 |
| | <input type="checkbox"/> sliding feet |

1st Side

- crossed wrong low block
- block should be lower
- block should be higher
- wrist bent
- bend arm more
- keep arm away from body
- reaction hand on hip
- facing should be 1/2

2nd side

- crossed wrong low block
- block should be lower
- block should be higher
- wrist bent
- bend arm more
- keep arm away from body
- reaction hand on hip
- facing should be 1/2

- crossing inner 4arm block
- lower
- higher
- wrist bent
- bend arm more
- keep arm away from body

- crossing inner 4arm block
- lower
- higher
- wrist bent
- bend arm more
- keep arm away from body

Misc.

- | | |
|---|--|
| <input type="checkbox"/> concentrate | <input type="checkbox"/> hand on hip |
| <input type="checkbox"/> eyes on target | <input type="checkbox"/> focus hand/foot |
| <input type="checkbox"/> tempo _____ | <input type="checkbox"/> breathing |
| <input type="checkbox"/> hold last move | <input type="checkbox"/> power |
| <input type="checkbox"/> off mark | <input type="checkbox"/> more practice |

3 0

Chon-ji

Incorrect move _____

W-Stance

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> longer - shorter | <input type="checkbox"/> 50/50 |
| <input type="checkbox"/> wider - too wide | <input type="checkbox"/> sliding feet |
| <input type="checkbox"/> back foot 25' | <input type="checkbox"/> body leaning |
| <input type="checkbox"/> heel lifting | |
| <input type="checkbox"/> back leg bent | |
| <input type="checkbox"/> 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

- block from the side more
- keep arm away from body
- bend - straighten elbow

Punch/fist

- | | |
|--|---|
| <input type="checkbox"/> should be full facing | <input type="checkbox"/> thumb is hidden |
| <input type="checkbox"/> center | <input type="checkbox"/> thumb is out |
| <input type="checkbox"/> higher | <input type="checkbox"/> wrist bent |
| <input type="checkbox"/> lower | <input type="checkbox"/> lifting/dropping |
| <input type="checkbox"/> reaction | <input type="checkbox"/> torque too soon |
| <input type="checkbox"/> tighter fist | |

Inner forearm block

- block should be lower
- block should be higher
- wrist bent
- bend arm more/less
- torque too soon
- tool
- 1/2 facing
- cross wrong
- left arm
- right arm

- 1st move left leg goes out
- 9th move should be inner forearm block

Misc.

- | | |
|---|--|
| <input type="checkbox"/> hand on hip | <input type="checkbox"/> focus hand/foot |
| <input type="checkbox"/> concentrate | <input type="checkbox"/> pre-action |
| <input type="checkbox"/> eyes on target | <input type="checkbox"/> reaction |
| <input type="checkbox"/> tempo _____ | <input type="checkbox"/> breathing |
| <input type="checkbox"/> hold last move | <input type="checkbox"/> power |
| <input type="checkbox"/> off mark | <input type="checkbox"/> more practice |

3 0

Self-defence

- | | | | | |
|------------------------------------|---|---|---|---|
| <input type="checkbox"/> guard up | <input type="checkbox"/> shock | <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-defence for level | <input type="checkbox"/> needs practise |
| <input type="checkbox"/> run away | <input type="checkbox"/> work the elbow | <input type="checkbox"/> not realistic | <input type="checkbox"/> control opponent | <input type="checkbox"/> balance |

1 0

Sparring

Checking distance

- | | | | |
|--------------------------------------|---|---|--|
| <input type="checkbox"/> proper foot | <input type="checkbox"/> placement | <input type="checkbox"/> correct distance | <input type="checkbox"/> proper starting position |
| <input type="checkbox"/> stance | <input type="checkbox"/> did not check distance | <input type="checkbox"/> kiya | <input type="checkbox"/> wrong foot to starting pos. |

3-step

- 1
- 2
- 3
- 4

Attack

- | | | | | |
|--|---|------------------------------------|-----------------------------------|-------------------------------|
| <input type="checkbox"/> proper attack | <input type="checkbox"/> foot placement | <input type="checkbox"/> sine wave | <input type="checkbox"/> reaction | <input type="checkbox"/> tool |
| <input type="checkbox"/> too quick | <input type="checkbox"/> torque | <input type="checkbox"/> stance | | |

Defence

- | | | | | | |
|---|--------------------------------------|--|-----------------------------------|---------------------------------|-------------------------------|
| <input type="checkbox"/> wrong foot back | <input type="checkbox"/> wrong block | <input type="checkbox"/> sine wave | <input type="checkbox"/> reaction | <input type="checkbox"/> torque | <input type="checkbox"/> tool |
| <input type="checkbox"/> distance to target | <input type="checkbox"/> power | <input type="checkbox"/> don't step on retaliation | <input type="checkbox"/> stance | <input type="checkbox"/> kiya | |

4

3

3

Questions

- 1 sir 1 2 3 4 5
- 1 bow 1 2 3 4 5
- 1 2-3 steps 1 2 3 4 5
- 1 hands on table

1 0

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
- use other leg too

1 0

75% to pass

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

TOTAL

100