

Promotion Techniques

For Current 2Dan Level 0

Technique 1

Technique 2

Kicking Techniques

LL Roundhouse RL Roundhouse
Turn Head 180° to Left Shoulder
RL Roundhouse LL Roundhouse
LL Step 90° CCW
LL Roundhouse RL Roundhouse
Turn Head 180° to Left Shoulder
RL Roundhouse LL Roundhouse

LL Roundhouse RL Up & Down
Turn Head 180° to Left Shoulder
RL Roundhouse LL Up & Down
LL Step 90° CCW
LL Roundhouse RL Up & Down
Turn Head 180° to Left Shoulder
RL Roundhouse LL Up & Down

Hand Techniques

RH Jab LH Punch RH Elbow
Turn Head 180° to Left Shoulder
LH Jab RH Punch LH Elbow
LL Step 90° CCW
RH Jab LH Punch RH Jab
Turn Head 180° to Left Shoulder
RH Jab LH Punch

RH High Block LH Punch RH Jab
Turn Head 180° to Left Shoulder
LH High Block RH Punch LH Jab
LL Step 90° CW
RH Back Fist LH Punch RH Under punch
Turn Head 180° to Left Shoulder
RL Back Kick or Jump Back Kick

Self Defense

Attacker RH: Punch
LL: Step Left
LH: Palm Block
RH: Grab Wrist
RL: Roundhouse (Body)
RL: Roundhouse (Head)
LH/RH: Grab Wrist
RL: Step under 180°
LH: Bend RH to ground until you
obtain a wrist lock
RH: Punch (Face)

Attacker RH Punch / LH Punch
RL: Step Back
LH: Palm Block
LL: Step Back
RH: Palm Block
LL: Roundhouse (Body)
RL: Kneel Down
RH: Grab Ankle
LH: Hug Around Knee & Tackle
RH: Spin on ground to Elbow groin

Poomse

Taeguk Il(1) Jeong
Taeguk I(2) Jeong
Geumgang
Tae Baek 1-10steps

Breaking

3x Breaking

Essay(min. 500 words)

How can TKD help you defend against physical attacks
(Physical self defense)
