

Promotion Techniques

For Current 2Dan Level 1

Technique 1

Technique 2

Kicking Techniques	LL Roundhouse LL Back Kick LL Double Roundhouse <i>Turn Head 180° to Left Shoulder</i> LL Roundhouse LL Back Kick LL Double Roundhouse LL Step 90° CCW LL Roundhouse LL Back Kick LL Double Roundhouse <i>Turn Head 180° to Left Shoulder</i> LL Roundhouse LL Back Kick LL Double Roundhouse	RL Turning Roundhouse LL Back Hook Kick RL Step Behind Side Kick <i>Turn Head 180° to Left Shoulder</i> LL Turning Roundhouse RL Back Hook Kick LL Step Behind Side Kick LL Step 90° CCW RL Turning Roundhouse LL Back Hook Kick RL Step Behind Side Kick <i>Turn Head 180° to Left Shoulder</i> LL Turning Roundhouse RL Back Hook Kick LL Step Behind Side Kick
Hand Techniques	RH High Block LH Underpunch LH Elbow Strike <i>Turn Head 180° to Left Shoulder</i> LL Step Behind LH Elbow (Middle) LH Back Fist LL Step 90° CW RH High Block LH Underpunch RL Grabbing with Knee Attack (Bring Back) <i>Turn Head 180° to Left Shoulder</i> Walking LL Back / Jump Back Kick	RH Jab LH Punch RH Jab <i>Turn Head 180° to Left Shoulder</i> LH Jab RH Punch LH Jab LL Step 90° CW RH Jab LH Punch RH Elbow <i>Turn Head 180° to Left Shoulder</i> LL Step Behind Side Kick LH Jab RH Punch LH Jab
Self Defense	<i>Attacker</i> RH Punch / LH Punch RH: Inside Body Block LH: Inside Body Block RH: Spinning Knife Attack LH: Spinning Knife Attack RL: Step Forward RH: High Elbow Attack / Back Fist RH: Grabbing Shoulders LL: Slide Back RL: Knee Attack	<i>Attacker</i> RH Punch / LH Punch RH: Inside Body Block RH: Outside Body Block RL: Ankle Sweep with RH Push LH: Punch (Face)
Poomse	Taeguk Sam(3) Jeong TaegukSa(4) Jeong Taeguk O(5) Jeong Tae Baek 1-End	
Breaking	3x Continuous Breaking	
Essay(min. 500 words)	How can TKD help you grow as a person (Social self defense)	