

# Promotion Techniques

For Current 2Dan Level 2

	Technique 1	Technique 2
Kicking Techniques	RL Sliding Roundhouse <i>Switch Stance</i> LL Sliding Roundhouse <i>Turn Head 180° to Right Shoulder</i> RL Sliding Roundhouse <i>Switch Stance</i> LL Sliding Roundhouse RL Step 90° CW LL Sliding Roundhouse <i>Switch Stance</i> RL Sliding Roundhouse <i>Turn Head 180° to Left Shoulder</i> LL Sliding Roundhouse <i>Switch Stance</i> RL Sliding Roundhouse	RL Sliding Roundhouse <i>Switch Stance</i> LL Turning Roundhouse RL Back Kick <i>Turn Head 180° to Left Shoulder</i> LL Sliding Roundhouse <i>Switch Stance</i> RL Turning Roundhouse LL Back Kick LL Step 90° CCW RL Sliding Roundhouse <i>Switch Stance</i> LL Turning Roundhouse RL Back Kick <i>Turn Head 180° to Left Shoulder</i> LL Sliding Roundhouse <i>Switch Stance</i> RL Turning Roundhouse LL Back Kick
Hand Techniques	RH Inside Body Block RH Jab LH Punch RH Jab <i>Turn Head 180° to Left Shoulder</i> LH Jab LH Jab RH Punch RL Step 90° CCW LH Inside Body Block LH Jab RH Punch LH Jab <i>Turn Head 180° to Right Shoulder</i> RH Jab RH Jab LH Punch RL Double Roundhouse	RH High Knife Hand Block LH Ridge Hand LH Outside Knife Hand Attack RH Jab <i>Turn Head 180° to Left Shoulder</i> LH Jab RH Punch LH Jab LL Step 90° CCW RH High Knife Hand Block LH Ridge Hand LH Outside Knife Hand Attack RH Jab <i>Turn Head 180° to Left Shoulder</i> LH Jab RH Punch LH Jab LL Turning Roundhouse
Self Defense	<i>Attacker</i> RH Punch / LH Punch RH: Inside Body Block RH: Outside Body Block RH: Grab RH/Wrist of attacker LL: Roundhouse Kick LL: Roundhouse Kick LH: Grab RH/Wrist of attacker RL: Step Under Arm LH: Hold Elbow (Lock) RL: Kick Back of Right Knee	<i>Attacker</i> RH Punch / LH Punch RH: Outside Knife Hand Block LH: Outside Knife Hand Block RL: Kick Out Right Leg/Ankle RL: Step Behind Side Kick (Face)
Poomse	Taeguk Yuk(6) Jeong, Taeguk Chil(7)Jeong, Pyong Won 1-10steps, Tae Baek	
Breaking	4 Continuous Breaking	
Essay(min. 500 words)	How can TKD help you defend against health problems and illnesses (Health self defense)	