

## Defense Mode Cycle

Ranks	Form	Sparring	Defense	Target	Board Breaking
<b>White</b>	Juniors First 6 lines Youth & Adults First 9 lines		<u>Defense #1</u> (Juniors, Youth & Adults) Block, Counter (punch, palm, elbow), Escape  <u>Defense #2</u> (Youth & Adults) Open Step, Front Kick, Counter (punch, palm, elbow), Escape	Inside & Outside Crescent Kick	Choice of:  Hammer Fist  Or  Knee Strike
<b>Yellow</b>	First 9 Lines				
<b>Green</b> L1,L2,L3	First 13 Lines	2 - 1 min rounds	Defense #1 & #2	#3 Front Kick	
<b>Blue</b> L1,L2,L3	First 22 Lines	2 - 1 min rounds	Defense #1 & #2	#3 Jump Front Kick	#2 Side Kick, #2 Knee Strike, Elbow, Hammer Fist  2 of 4
<b>Brown</b> L1,L2,L3	First 30 Lines	3 - 1 min rounds	Defense #1 & #2	360 Inside Crescent	#2 Side Kick, #2 Knee Strike, Elbow, Hammer Fist  2 of 4
<b>Red</b> L1,L2,L3	First 38 Lines	3 - 1 min rounds	Defense #1 & #2	360 Jump Inside Crescent	#2 Side Kick, #2 Knee Strike, Elbow, Hammer Fist  2 of 4
<b>Black</b> 1st Degree L1,L2, L3 2nd Degree L1, L2,L3 3rd Degree L1, L2	<b>Ho-Am &amp; Sun Form</b>	3 - 1 min rounds	Defense #1 & #2  Defense #12  2 Handed Wrist Grab, Release, Step-in, Take Down	Jump #2 Side Kick	Jump #2 Side Kick, #2 Knee Strike, Elbow, Hammer Fist  (1 technique, an extra board will be added)  3 of 4

## Testing Questions

Juniors study questions 1-5 Youth/Adults study questions 1-10

1. What will happen if you are more than 10 minutes late for class? You will not be allowed to enter

2. Target Training helps us improve what? Accuracy

3. What is the name of the November Tournament? District Tournament

4. In the Attention Stance, are your feet together or apart? Together

5. What is the Korean term for the uniform? Do-Bok

6. What does the White Belt signify? Innocence and the seed

7. Define "mindfulness". Paying attention on purpose

8. Identify two benefits of pivoting: More distance and more power

9. When doing a middle block, is your fist facing in or out? Out

10. Who is Dan Gun? The legendary founder of Korea

## Testing Ready Stripe

Students must answer 3 of their testing questions



## CYCLE 1 EVENTS

### August-October 2022

Testing Registration Deadline September 24th

L3 Red Belts and Black Belts

Testing Registration Deadline October 1st

Tiger Cubs, White Belts - L2 Red Belts

All Testing Times will be announced closer to testing dates

### Testing Dates

#### October 3rd Testing

Tiger Cubs

Junior White, Yellow, Green Belts

#### October 4th Testing

Jr. Blue - Red Belts

All Black Belts

#### October 5th Testing

Youth & Adults White - Red

#### October 6th

NEW L1 Green Belt Sparring Clinic