



# TUKONG MOOSUL

## Promotion Requirements



### Orange Belt

#### Knowledge:

- § School Philosophy
- § School Rules and Protocols
- § Address and Phone number
- § White Tiger Philosophy
- § Student Action Philosophy
- § Uniform Philosophy
- § Six Directions of Attention
- § Reasons to Kiap 1- 5
- § Super 7: Overview
- § Super 7: Size

#### Vocabulary:

- § tukong moosul
- § kiap
- § baro
- § koonyea
- § chun bi
- § charyut
- § sho

#### Stances/Movements:

- § Attention
- § Ready
- § Fighting/Kicking
- § Punch/Horse
- § Back
- § Cat
- § Long
- § At-ease

#### Striking/Blocking:

- § Proper Punch (theory)
- § High, middle, low punches
- § Board breaking theory
- § High, low, inside, outside blocks

#### Kicking:

- § Ground: front, side, back round

#### Releases:

- § Basic release theory
- § One hand release 1 – 6

#### Throws:

- § Front roll from kneeling

#### Weapons:

- § Long Staff: basic positions
- § Long Staff: techniques 1 -5

#### Forms:

- § Breathing Exercise #1
- § Tukong Form #1
- § Blocking Form