



TUKONG MOOSUL

Promotion Requirements



Yellow Belt

Knowledge:

- § Tukong Distance Theory,
- § Tukong Patch Philosophy
- § Reasons to Kiap 6 - 10
- § Poop Philosophy
- § Stream Water Philosophy
- § Swinging Bag Philosophy
- § Super 7: Shape
- § Super 7: Smarts

Vocabulary:

- § Sa bu nim
- § Sa ma nim
- § Dojang
- § Dobok
- § Di
- § Don jun ho hop

Stances/Movements:

- § Rotational 2-step
- § Rotational 3-step (ja se sul)
- § 3-step
- § Mountain Stance
- § Twist / Woman's Stance
- § Dragon Stance
- § Monkey Stance

Kicking:

- § Standing Kicks: Front, Side, Back, Round

Striking:

- § Hammer fist
- § Knife hand
- § Ridge hand
- § Bear Paw
- § Eagle Claw
- § Reverse punch
- § Reverse block
- § Breaking: one board, hammer fist

Throws:

- § Front Roll from standing start
- § Break falls: "egg" theory
- § Break falls: front, back, side

Releases

- § Joint theory
- § Handle and button theory
- § Reinforced releases
- § Stepping releases (4 directions)

Weapons:

- § Long Staff: basic strikes and blocks
- § Long Staff: techniques 6 - 10

Forms:

- § Breathing Exercise #2
- § TKD: Taegeuk Il Jong (#1)