



TUKONG MOOSUL

Promotion Requirements



Green Belt

Knowledge:

- § Elephant Philosophy
- § Spreading Feathers Philosophy
- § Old Man of the Woods Philosophy
- § Super 7: Stamina

Vocabulary:

- § Counting to ten in Korean

Striking:

- § Tiger Paw
- § Tiger Claw
- § Knuckle Point
- § Tiger Mouth
- § Hard finger to throat
- § Rolling block to back fist
- § Board breaking: one board, knife hand
- § Blocking: High / Low Block in back stance

Kicking:

- § Standing Kicks: Ax, Cobra, Push, Short Round
- § Stepping Kicks: Front, Side, Round, Back, Hook, Crescent, Ax, Cobra, Push
- § Foot traps, steps, and stomps

Releases:

- § Same hand (1-4)
- § Cross hand (1-4)
- § Two hand (1-4)
- § Releases: Hand to front (1-4)

Throws:

- § Dive Roll from standing and stepping
- § Back Roll from Ground Start

Weapons:

- § Long Staff: techniques 11 - 15

Forms:

- § Breathing Exercise #3
- § TKD: Taegeuk E Jong (#2)