



TUKONG MOOSUL

Promotion Requirements



Blue Belt

Knowledge:

- § Only an Acorn Philosophy
- § Good King Philosophy
- § Greased Pig Philosophy
- § Super 7: Stretch

Striking:

- § Strike Points: Tiger Paw, Eagle Claw, Palm, Knife Hand
- § X high and X low Blocks
- § Soft Palm Outside Block

Stances/Movements:

- § Tiger crawl

Kicking:

- § Knee Kicks: front, round
- § Shin Strikes
- § Standing front sweep
- § Standing back sweep
- § One 1,000 kick day

Throws:

- § Front roll to side break fall
- § Back roll from push and standing starts

Control and Takedown:

- § Finger locks: hand, hand on chest or arm

Weapons:

- § Long Staff: techniques 16 – 20
- § Long Staff: Staff Form #1

Forms:

- § Breathing Exercise #4
- § TKD: Taegeuk Sam Jong (#3)