



TUKONG MOOSUL

Promotion Requirements



Purple Belt

Knowledge:

- § Old Master Philosophy
- § Pebble Philosophy
- § Ant Philosophy
- § Super 7: Strength

Striking:

- § Elbow Strikes: 4 Directions

Kicking:

- § Sliding/Skip Kicks: Front, Side, Round, Back, Hook
- § Low front and back sweeps
- § One board with foot technique
- § Two 1,000 kick days

Throws:

- § Roll for attack

Releases:

- § Same hand (5-10)
- § Cross hand (5-10)
- § Two hand (5-10)
- § Two hands to front (1-4)

Control and Takedown:

- § Basic throw: straight arm across throat of attacker
- § Modified gooseneck with finger lock

TKD Sparring

- § Philosophy, Goals, and Theory
- § Difference from fighting
- § Slow sparring, no contact, 3 techniques, trade off

Weapons:

- § Long Staff: techniques 21 – 30
- § Knife: theory, throwing grips, practice with chopsticks

Forms:

- § Breathing Exercise #5
- § TKD: Taegeuk Sa Jong (#4)