



TUKONG MOOSUL

Promotion Requirements



Red Belt

Knowledge:

- § Dirty Puppy Philosophy
- § Finger and String Philosophy
- § Bottle Breaking Philosophy
- § Super 7: Speed

Striking:

- § Internal breaking
- § Striking points: Front Upper body
- § Spinning back fist
- § Soft palm

Kicking:

- § Spinning: Round, Back, Hook
- § Foot Wrap Take-downs
- § Three 1,000 kick days

Throws:

- § Standing to standing front roll
- § Standing to standing back roll

Releases:

- § Front and back choke release

Control and Takedown:

- § Shoulder lock for escort
- § Elbow lock escort

Grappling:

- § Mount, guard, and side control
- § Basic holds and pins

Throwing:

- § Theory: balance, center of gravity, control points
- § Naked Holds: (1) arm, (2) neck, (3) back, (4) belt
- § Techniques: (1) front , (2) leg, (3) hip outside legs, (4) hip inside legs

TKD Sparring:

- § Stepping: Switch, Feint, 2-step, 3-step
- § Medium sparring, light contact, 3 techniques, trade off
- § Two-minute conditioning theory and practice

Weapons:

- § Long Staff: double staff techniques 1 – 3
- § Knife: practice with knives
- § Throwing Stars: rotation theory, grips, single overhand
- § Nunchuk: basic positions, grip, single technique 1 - 5
- § Gun/Knife: Defense and Attack Theories
- § Gun/Knife: Knife attack from front

Forms:

- § TKD Taegeuk O Jong (#5)