



TUKONG MOOSUL

Promotion Requirements



Brown Belt

Knowledge:

- § Happy Puppy Philosophy
- § Candle Philosophy
- § Bucket of Crabs Philosophy

Striking:

- § Striking Points: Back upper body
- § Striking the knee: front, side, back
- § One-handed block and strike
- § Wall of hands

Kicking:

- § Multiple kick combinations: high/low: Front, Side, Round
- § Jumping: Front, Round, Back, Side, Hook, Push
- § Break two boards with foot technique
- § Four consecutive 1,000 kick days

Releases:

- § Bear hug: front/back over/under arms
- § Headlock
- § Full and half nelson

Throws:

- § Counter to throws: theory and application
- § Forward roll to break fall to standing
- § back roll to front break fall

Grappling:

- § Escaping mount and side control positions
- § Passing guard
- § Defending guard position
- § Front and rear chokes
- § Headlocks and counters
- § Arm & leg bar basics
- § Basic leg locks (1-4)
- § Defenses: Chokes: front, back, clothing

Control and Takedown

- § Rear take-downs
- § Leg attack take-downs

TKD Sparring:

- § Medium speed with solid contact (with protective gear)

Weapons:

- § Nunchuk: single technique 6 - 10
- § Nunchuk: Single Form #1
- § Knife/Gun: Knife attack from back
- § Knife/Gun: Handgun retention

Forms:

- § TKD: Taegeuk Yuk Jong (#6)