



# TUKONG MOOSUL

## Promotion Requirements



## Pum Dan Belt

### Knowledge:

- § Buddha Philosophy
- § Ghost Philosophy
- § Running Man Philosophy
- § Tea Ceremony
- § Reasons to Kiap 11 - 16

### Striking:

- § Striking points: Face
- § blinding speed, eye gouge
- § Head butt

### Kicking:

- § Jumping & spinning: round, hook crescent
- § Six consecutive 1,000 kick days

### Releases:

- § Chicken wing
- § Arm lock

### Grappling:

- § Advanced: combination holds and pins
- § Arm & leg bars for submission
- § Pin counters

### Control and Takedown:

- § Head take-downs
- § Secure and maintain (for handcuffing)
- § Multiple Attacker Defenses

### TKD Sparring:

- § Psychology and Strategy
- § High speed, full contact (with protective gear)
- § Tournament participation

### Weapons:

- § Nunchuk: Double techniques 1 – 10
- § Short Staff: striking directions, single, double
- § Knife/Gun: Defense from knife at throat
- § Knife/Gun: Attack from throat

### Forms:

- § TKD: Taegeuk Chil Jong (#7)