

2nd Dan Choreographed

Name: _____ Partner: _____ Partner Phone #: _____

FORM: *Goal: big, strong movements from focus and understanding*

- Hand techniques - Get ready and finish in the right position
 - Kicking Techniques - Use good accuracy with speed
 - Use your whole body and make each technique meaningful
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CREATIVE ONE-STEP SPARRING *Goal: exciting, energetic, focused, showing safety*

- The attack must be exciting
- Hand techniques - Get ready, aim, and use the proper stance
- Kicking techniques - Use good accuracy with speed
- Hold the finishing *kihap* for two seconds

Technique #1: _____

Technique #2: _____

Technique #3: _____

SELF DEFENSE *Goal: exciting, energetic, focused, and safe*

Attacker:

- Make your proper grab and pull three times with *Kihap*
- Do not move after the 3rd pull. You want to stop in a good position and it could be dangerous if you move

Defender:

- When performing defense techniques (i.e. elbow, punch, knee kick), *Kihap* on each movement and keep a normal speed (NOT TOO FAST!)
- To finish, push partner away or pull partner away to separate. You can speed up during this motion.
- Hold the finishing *Kihap* for two seconds.

Technique #1: _____ # _____

Technique #2: _____ # _____

Technique #3: _____ # _____

BOARD BREAKING *Goal: one good, clean, strong break*

- Understand which part of the body you are breaking with
- Hand technique - good ready and finishing positions, 2 practice motions, break on the 3rd motion using good hand eye focus and a loud finishing *Kihap*
- Kicking technique - Good distance, accuracy, speed and *Kihap*

Power Breaking: Knife Hand Strike
Jumping Back Kick and Jumping Back Hook Kick
Jumping Flying Side Kick

