

Level	Techniques
Yellow/white to Yellow	<p>Choombi Stance: Demonstrate</p> <p>Walking/Short Stance: Explain a) it's purpose b) feet position c) differences to forward stance d) How to turn with 'front foot on train tracks to tight rope, pivot, then to train tracks'</p> <p>Low Block in Walking Stance</p> <p>Reverse Punch in Forward Stance (with <u>opposite</u> arm to front leg) Must do turn & <u>both</u> hand actions correctly</p> <p>Rising Face Block in Forward Stance (same arm & same leg) Must do turn & <u>both</u> hand actions correctly.</p> <p>Outside Body Block in Forward Stance (same arm & same leg) Must do turn & <u>both</u> hand actions correctly.</p>
Yellow to Yellow/black	<p>Back Stance: Explain: a) it's purpose b) feet position c) knee position d) weight distribution e) How to turn by 'pivoting feet on tight rope'</p> <p>Middle Punch in Back Stance Must do turn & <u>both</u> hand actions correctly.</p> <p>Outside Block in Back Stance</p> <p>Heel of Palm Strike in Forward Stance</p> <p>Swallow Hand Strike (Kal Jebi) in Forward Stance</p> <p>Reverse Inside Block in Walking Stance</p>
Yellow/black to Blue/white	<p>Demonstrate moving from Back stance to Forward Stance</p> <p>Inside Knife Hand Strike with palm up in Forward Stance</p> <p>Inside Block in Back Stance</p> <p>Outside Knife Hand Strike with palm down in Forward Stance</p> <p>Single Knife Hand Block in Back Stance</p>
Blue/white to Blue	<p>Ridge Hand Strike in Forward Stance</p> <p>Back Fist in Forward Stance</p>
Blue to Blue/black	<p>Knife hand Body Block in Back Stance</p>
Blue/black to Red/white	<p>Assisted Side Elbow Strike in Horse riding stance</p> <p>Outside Knife hand Strike in Back Stance</p> <p>Inside Knife hand Strike in back Stance</p>
Red/white to Red	<p>Low Knife hand Block in Back Stance</p> <p>Middle Cleaving Block In Forward Stance</p>
Red to Red/black	<p>Middle Spear Hand Strike in Forward Stance</p>
Red/black to Black/white	<p>Knife Hand Low block to Kal Jebi Strike in Forward Stance</p>



Technical Tip Test Run Sheet

Level	Technical Sequences
Blue/white to Blue	<p style="text-align: center;"><u>O Jang Sequence 1</u></p> <p>1: L Low Block in Forward Stance, into 2: Pull L Hand across body with circular movement into a L Hammer Fist in Left Stance (Wen Sohgi) Pivot 180' & reverse 3: R Low Block in Forward Stance, into 4: Pull R Hand across body with circular movement into a R Hammer Fist in Right Stance (Orun Sohgi)</p> <p style="text-align: center;"><u>O Jang Sequence 2</u></p> <p>1: L Middle Inside Block in L Forward Stance immediately followed with a R Inside Middle Block (double movement) 2: R Front Snap Kick landing in R Forward Stance with a R Back Fist Strike & L Inside Middle Block (double movement) 3: L Front Snap Kick landing in L Forward Stance with a L Back Fist Strike & R Inside Middle Block (double movement) 4: Stepping R leg forward into R Forward Stance with a R Back Fist</p>
Blue to Blue/black	<p style="text-align: center;"><u>O Jang Sequence 3</u></p> <p>1: L Single Knife Hand Block in L Back Stance. Then, stepping forward into 2: R Inside Elbow Strike in R Forward Stance. Pivot 180' & reverse. 3: R Single Knife Hand Block in R Back Stance. Then, stepping forward into 4: L Inside Elbow Strike in L Forward Stance.</p> <p style="text-align: center;"><u>O Jang Sequence 4</u></p> <p>1: L Rising Block in L Forward Stance into 2: R leg Chamber & hold position 3: R Side Kick & a simultaneous R Side Punch then 4: Recoil R leg back & hold position (leave R arm out in preparation for elbow target strike) 5: Stepping Forward & landing in R Forward Stance with a L Elbow Target Strike Pivot 180' & reverse. 6: R Rising Block in R Forward Stance into 7: L leg Chamber & hold position 8: L Side Kick & a simultaneous L Side Punch then 9: Recoil L leg back & hold position (leave R arm out in preparation for elbow target strike) 10: Stepping Forward & landing in L Forward Stance with a R Elbow Target Strike</p>



Technical Tip Test Run Sheet

Level	Technical Sequences
Blue/black to Red/white	<p style="text-align: center;"><u>O Jang Sequence 5</u></p> <ol style="list-style-type: none">1: L Forward Stance with L Low Block followed by R Inside Block (Double movement)2: R Front Snap Kick then Recoil R leg back & hold in 'chamber' position3: Springing forward to land in Back twisted Stance with R Back Fist Strike & then <u>hold</u> position until 'Gumon' then4: Straightening knees and slowly twisting back to 'Choombi Stance' <p>Pivot 180' & reverse</p>



Technical Tip Test Run Sheet

Level	Sequences
Red/white to Red	<p style="text-align: center;"><u>Chil Jang Sequence 1</u></p> <p>1: R Heel of hand Body Block in L Cat Stance, 2: R Front Kick Sliding back into L Cat Stance with a L Inside Body Block.</p> <p>Pivot 180' & reverse</p> <p>3: L Heel of hand Body Block in R Cat Stance, 4: L Front Kick Sliding back into R Cat Stance with a R Inside Body Block.</p> <p style="text-align: center;"><u>Chil Jang Sequence 2</u></p> <p>1: R Low Heal of Hand Pushing Down Block supported with L hand in L Cat Stance into, 2: R Back Fist Strike supported with L hand.</p> <p>Pivot 180' & reverse</p> <p>3: L Low Heal of Hand Pushing Down Block supported with R hand in R Cat Stance into, 4: L Back Fist Strike supported with R hand.</p> <p style="text-align: center;"><u>Chil Jang Sequence 3</u></p> <p>1: Feet together (Moa Sohgi) with L hand covering R Fist (Bo Jumok), Stepping L Foot forward into:</p> <p>2: L Forward Stance with Scissor Block (Finish with L side down, R side up).</p> <p>3: Stepping forward into R Forward Stance with Scissor Block (Finish with R side down, L side up)</p>



Technical Tip Test Run Sheet

Level	Sequences
Red to Red/black	<p style="text-align: center;"><u>Chil Jang Sequence 4</u></p> <p>1: Cleaving Body Block in L Forward Stance into</p> <p>2: R Knee Strike springing forward, into L Back Twisted Stance, Double Inverted Waist Punch.</p> <p>3: Moving L Foot back into R Forward Stance into Low Crossed Wrist Block Note: Crossing action is from L to R (L hand is on top)</p> <p>Pivot 180' & reverse</p> <p>4: Cleaving Body Block in R Forward Stance into</p> <p>5: L Knee Strike springing forward, into R Back Twisted Stance, Double Inverted Waist Punch.</p> <p>6: Moving R Foot back into L Forward Stance into Low Crossed Wrist Block Note: Crossing action is from R to L (R hand is on top)</p> <p style="text-align: center;"><u>Chil Jang Sequence 5</u></p> <p>1: L Side Hammer Fist Strike in L Walking Stance into</p> <p>2: R Inside Kick to L target hand (slapping noise) stepping forward & landing in</p> <p>3: Horse riding Stance R Elbow to target hand strike (slapping noise)</p> <p>4: R Side Hammer Fist Strike in R Walking Stance (L back foot moves forward to R front foot to form R Walking Stance) into</p> <p>5: L Inside Kicking to R target hand (slapping noise) stepping forward to land in</p> <p>6: Horse riding Stance L Elbow to target hand strike (slapping noise)</p> <p>7: Stay in this position, do stance change into L Back stance L Single Knife hand block</p> <p>8: Step forward with R leg into Horse riding Stance with a R side Punch (R thumb up) Gihap</p>



Technical Tip Test Run Sheet

Level	Sequences
Red/black to Black/white	<p style="text-align: center;"><u>Koryo Sequence 1</u></p> <p>1: L Middle Knife Hand Block in L Back Stance into</p> <p>2: R Double Side Kick using same leg to thigh then body, landing in</p> <p>3: R Forward Stance with R Outside Knife hand Strike with palm down immediately followed by L Reverse Punch to Body then</p> <p>4: Sliding R foot back into R Back Stance with a R Inside Body Block</p> <p style="text-align: center;">Then, pivot 180' & reverse</p> <p>5: R Middle Knife Hand Block in R Back Stance into</p> <p>2: L Double Side Kick using same leg to thigh then body, landing in</p> <p>3: L Forward Stance with L Outside Knife hand Strike with palm down immediately followed by R Reverse Punch to Body then</p> <p>4: Sliding L foot back into L Back Stance with a L Inside Body Block</p> <p style="text-align: center;"><u>Koryo Sequence 2</u></p> <p>1: L Knife hand Low Block immediately followed by a R Swallow Hand Strike in L Forward Stance</p> <p>2: R Front Snap Kick, Stepping forward & landing into R Forward Stance, R Knife hand Low Block immediately followed by a L Swallow Hand Strike in R Forward Stance</p> <p>3: L Front Snap Kick, Stepping forward & landing into L Forward Stance, L Knife hand Low Block immediately followed by a R Swallow Hand Strike in L Forward Stance. Gihap</p> <p>3: R Front Snap Kick, Stepping forward & landing into R Forward Stance with R Hand scooping upwards to hold heel while L Hand simultaneously delivers a heel of hand strike to knee (Murop Gokgi)</p>