

# 1<sup>st</sup> DAN/POOM

## GOING FOR 2<sup>nd</sup> DAN/POOM

### PATTERNS - POOMSAE

KORYO, PLUS 4 OTHERS FROM (SAH JANG UPWARDS)

### SPARRING

- 1 FOR 1 KICKING
- 1 STEP SPARRING
  - INCLUDE TENSION TECHNIQUES AND TAKE DOWNS
  - SAME BOTH SIDES
- FREE SPARRING (NO CONTACT)
- WTF FREE SPARRING
  - WT COMPETITION RULES (CONTROLLED CONTACT WEARING WT APPROVED TRUNK PROTECTOR)
- 2 ONTO 1 SPARRING
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### SELF DEFENCE

- ATTACKS CAN BE FROM THE FRONT OR REAR.
- THE ATTACKING CANDIDATE CHOOSES WHERE TO ATTACK
- DISPLAY A RANGE OF MORE ADVANCED WRIST LOCKS
- USING PRESSURE POINTS & RESTRAINING TECHNIQUES FROM
  - COLLAR GRAB
  - WRIST GRAB
  - BEAR HUG
  - STRANGLE HOLDS
  - NECK LOCKS

### POWER TEST:

- CANDIDATES CHOICE OF HAND OR FOOT TECHNIQUES

**(BELOW 18 YEARS OLD ONLY):** SPECIAL TECHNIQUE OF OWN CHOICE ON TWO TARGETS - NO BREAK

**(OVER 18 YEARS OLD ONLY):** SPECIAL TECHNIQUE OF OWN CHOICE ON TWO TARGETS