

PATTERNS - POOMSAE

TAEBAEK, 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.
- DISPLAY A RANGE OF MORE ADVANCED WRIST LOCKS
- USING PRESSURE POINTS & RESTRAINING TECHNIQUES FROM
 - COLLAR GRAB
 - WRIST GRAB
 - BEAR HUG
 - STRANGLE HOLDS
 - NECK LOCKS
 - KNIFE ATTACK - FREESTYLE ATTACKING - CANDIDATE CHOOSES WHERE TO ATTACK
 - BATON ATTACK - THE DEFENDING CANDIDATE CHOOSES WHERE TO ATTACK

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