

4TH DAN/POOM

GOING FOR 5TH DAN

PATTERNS - POOMSAE

PYONGWON, PLUS 4 OTHERS FROM (SAH JANG UPWARDS)

SPARRING

- 1 STEP SPARRING
 - INCLUDE TENSION TECHNIQUES AND TAKE DOWNS
 - SAME BOTH SIDES

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
 - KNIFE ATTACK
 - BATON ATTACK
 - SEATED SELF DEFENCE AGAINST GRABS

POWER TEST:

SPECIAL TECHNIQUE OF OWN CHOICE ON THREE TARGETS

- CANDIDATES CHOICE OF HAND OR FOOT TECHNIQUES