

6TH DAN/POOM

GOING FOR 7TH DAN/POOM

THESIS - The applicant of has to submit his or her own written thesis on any Taekwondo related subject along with an application.
Size of the thesis: at least 10 A4-sized (one A4-size = 700 characters) pages in Korean or English.

PATTERNS - POOMSAE
CHEONGWON, 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, KNIFE AND BATON

POWER TEST:

- SPECIAL TECHNIQUE OF OWN CHOICE ON THREE TARGETS
- CANDIDATES CHOICE OF HAND OR FOOT TECHNIQUES