

Won-Hyo
Incorrect move _____

W-Stance
 longer - shorter
 wider - too wide
 back foot 25'
 heel lifting
 back leg bent
 front leg straight

L-Stance
 longer shorter
 bend the knees
 longer/shorter
 heels lifting
 70/30
 back knee over foot

Sine Wave
 moving
 on spot
 in
 L-Stance
 heels lifting
 spring knees
 don't stop

Twin Forearm Block
 cross wrong

Inward strike centerline
 high strike fist shoulder

Straight fingertip thrust
 do not perform as a release

Punch/fist
 side punch 1/2 facing

Circle Block
 start hands wider
 crossed wrong
 1/2 face body
 block outside shoulde line
 bend back knee during block
 lift heel during block

Forearm guarding block
 do not cross
 more pre-action required

Misc.
 focus hand/foot
 eyes on target
 off mark
 breathing
 pre-action
 more practice
 power
 hand on hip
 reaction

Yul-Gok
Incorrect move _____

W-Stance
 as in Won_hyo

L-Stance
 as in Won_hyo

Punch/fist
 wrist bent
 middle punch
 reaction
 tighter fist

1st and 4th move, both hands
 1st and 4th move, slow
 1st and 4th move, shoulder line

Inner forearm crossed wrong
Front snap kick rechamber

Sine Wave
 more knee spring in sitting stance
 lift heel on hooking palm block
 do not lift heels in L-Stance

Hooking Palm Block
 crossed hands wrong
 bend elbow and wrist
 come down more with block
 1/2 facing connecting

Twin Knife hand block
 open hands at last second
 use proper tool (angle of hands)
 tools on proper lines
 bend front elbow more (less)
 Angle the back arm more

Back fist X-stance
 1/2 facing cross wrong
 feet 1/2 facing

Misc.
 focus hand/foot
 eyes on target
 off mark
 breathing
 pre-action
 more practice
 power
 hand on hip
 reaction

Self-defence
 guard up
 retaliate
 shock

headlock and full nelson
 make them tap out
 work the wrist
 work the elbow
 don't let go
 don't turn your back
 not realistic

will not work
 wrong self-defense for level
 control opponent
 incomplete
 needs practise
 balance

Sparring
Checking distance
 proper foot
 stance
 correct distance
 proper starting position
 did not check distance
 kiya
 placement
 wrong foot to starting pos.

Two Step

Attack
 proper attack
 too quick
 foot placement
 torque
 sine wave
 stance
 reaction
 tool

Defence
 wrong foot back
 distance to target
 wrong block
 power
 sine wave
 don't step on retaliation
 reaction
 torque
 tool
 stance
 kiya

1
 1
 2

Breaking
 back and side kick
 elbow strike
 not enough power
 more speed
 no confidence
 wrong tool
 balance off
 targeting
 eyes on target
 two tries/break
 two tries/no break
 sine wave
 guard

1
 0

Question
 -1 sir
 -1 bow
 -1 2 -3 steps
 -1 hands on table
written question yes no

Free sparring
 too far away from opponent
 ignoring opponents techniques
 Not dodging opponent
 eyes not on opponent
 not timing opponent
 no counter techniques
 stop opponents rush
 reaching for blocks
 too aggressive
 no combinations
 chunbe position
 hands are down
 low kicks
 unsure of self
 no equipment
 be more active

75% to pass

retest if - 19 or less on first pattern
retest if - 19 or less on 2nd pattern

TOTAL