

Do-San

Incorrect move _____

W-Stance

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

L-Stance

- body leaning
- sliding feet
- 50/50
- bend the knees
- longer/shorter
- back knee over foot
- feet not straight
- knees leaning in
- feet too wide
- 50/50

Sitting Stance

- feet not straight
- knees leaning in

Sine Wave

- lift heel
- bend back knee
- replace heel

High outer forearm block

- bend elbow more
- too high
- too low
- crossed wrong
- 1/2 facing

Knifehand guard

- same as dangun

Straight finger tip thrust

- Hand should be vertical
- center line
- reaction hand under elbow
- lift left elbow to be flat
- left hand should not touch

Punch

- tighter fist
- center
- middle punch

Wedging block

- higher
- too close
- too wide

Rising Block

- crossed wrong
- angle the arm

Knifehand Strike

- crossed wrong
- arm should be straight

Fast motion

- heel must lift between punches

- focus hand/foot
- eyes on target
- off mark

- breathing
- pre-action
- more practice

- power
- hand on hip
- reaction

3 0

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

Straight fingertip thrust

- high strike
- fist shoulder
- 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

Bending Ready Stance

- bend supporting knee more
- angle lifted knee outwards
- sole of foot towards knee
- lifted foot horizontal
- proper guard position

Side Piercing Kick

- pivot foot
- proper tool
- punch with kick
- power

Knifehand Guard

- position incorrect
- more pre-action
- keep hands closed longer

- lead arm too close
- relax shoulder

- focus hand/foot
- eyes on target
- off mark

- breathing
- pre-action
- more practice

- power
- hand on hip
- reaction

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Self-defence

2 moves

- guard up
- retaliate
- shock

- 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

1 0

Sparring

Checking distance

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

3-step Two Way

- 1
- 2
- 3
- 4

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
- stance
- torque
- kiya
- tool

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1

3

Breaking

- side kick
- jump back kick

- 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 _____

1 2 3 4 5
5

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

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75% to pass

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

TOTAL

100