

Temp. 1st Dan To 1st Dan Black Belt



Testing Requirements

Self-defense:	-
Form:	Gwang-Gae
One-Steps:	1-30
Break:	Spinning Wheel Kick 2" held Top Run Jump Side 1" Suspended

New Techniques / Notes

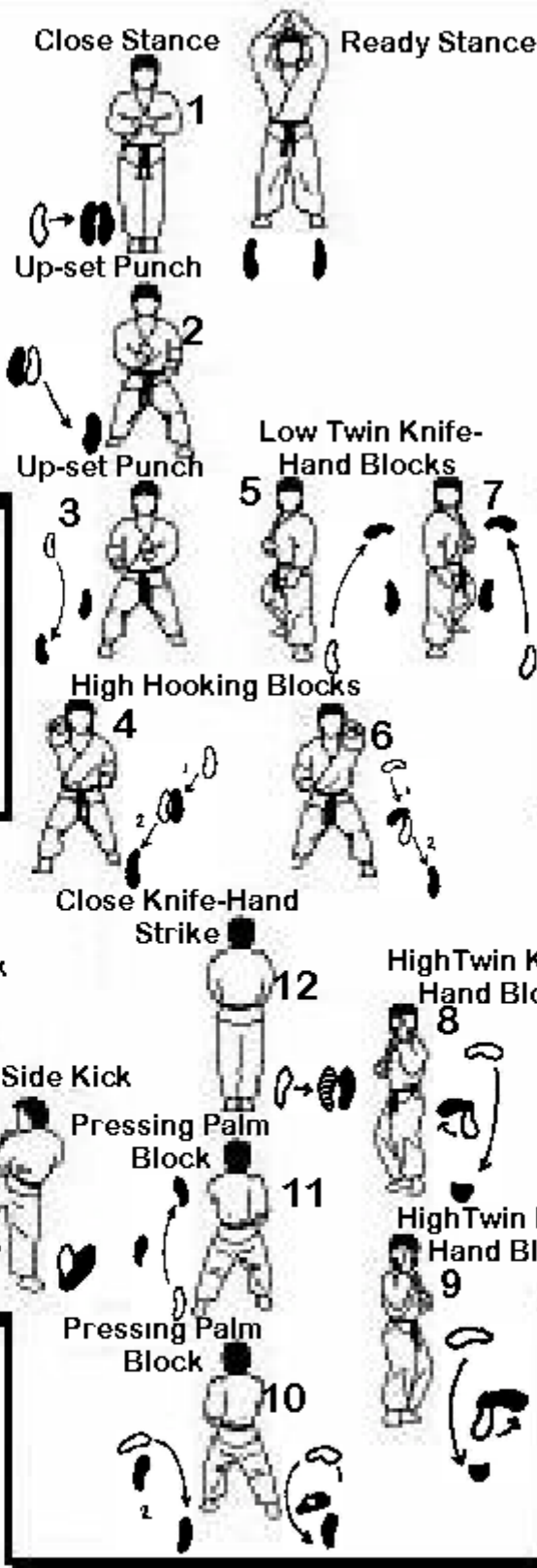
Self Defense

(Temp. 1st Dan to 1st Dan)

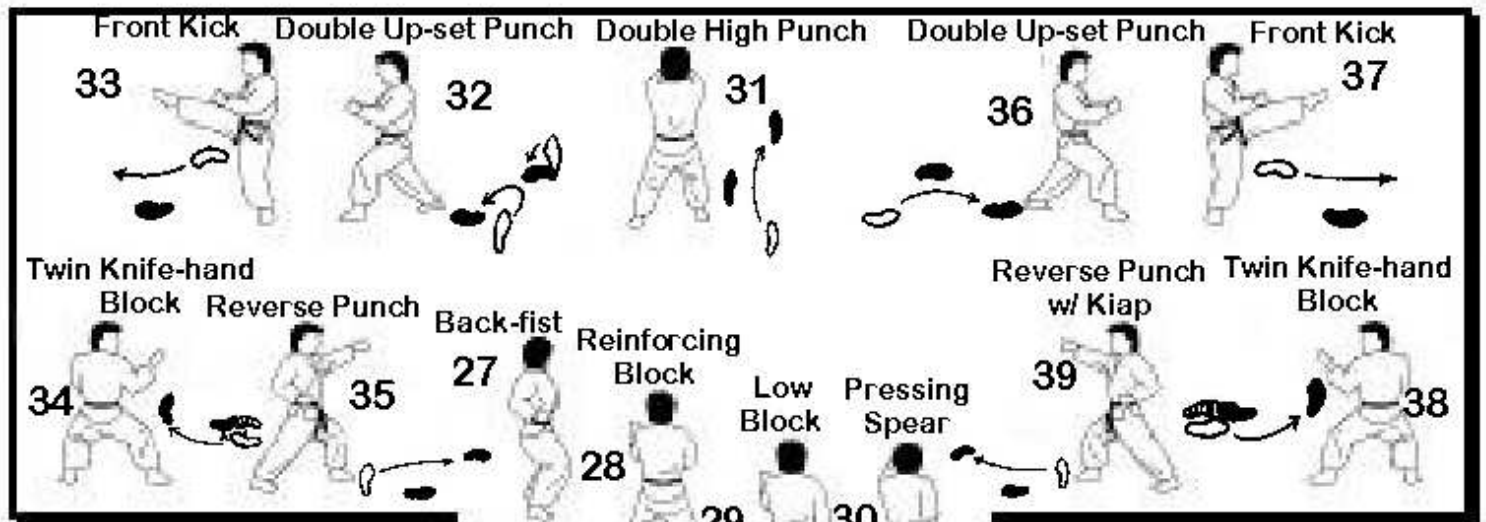
- 56) Knee To Groin Punch To Face: Knee check; back arm block; palm strike with same blocking hand; close punch; rising elbow to jaw; tiger's claw to face (same hand).**
- 57) Kick And Punch Combo (Same Side): Step back downward block; back arm block; vertical fist punch to face; pivot to soft bow hammer fist to groin (all with same hand).**
- 58) Kick And Punch Combo (Opposite Side): Step back downward block; inward block; hammer fist off block; reverse punch to body; palm thrust to head.**
- 59) Overhead Club Strike: Outward diagonal step; circling cover block; secure weapon arm; knee smash; downward elbow strike; arm bar takedown; shoulder pin and disarmament.**
- 60) Forward Club Smash: Step in double cover block; back fist to head; grab and knee to groin. (Optional takedown and disarmament).**

Gwang-gae

39 Movements

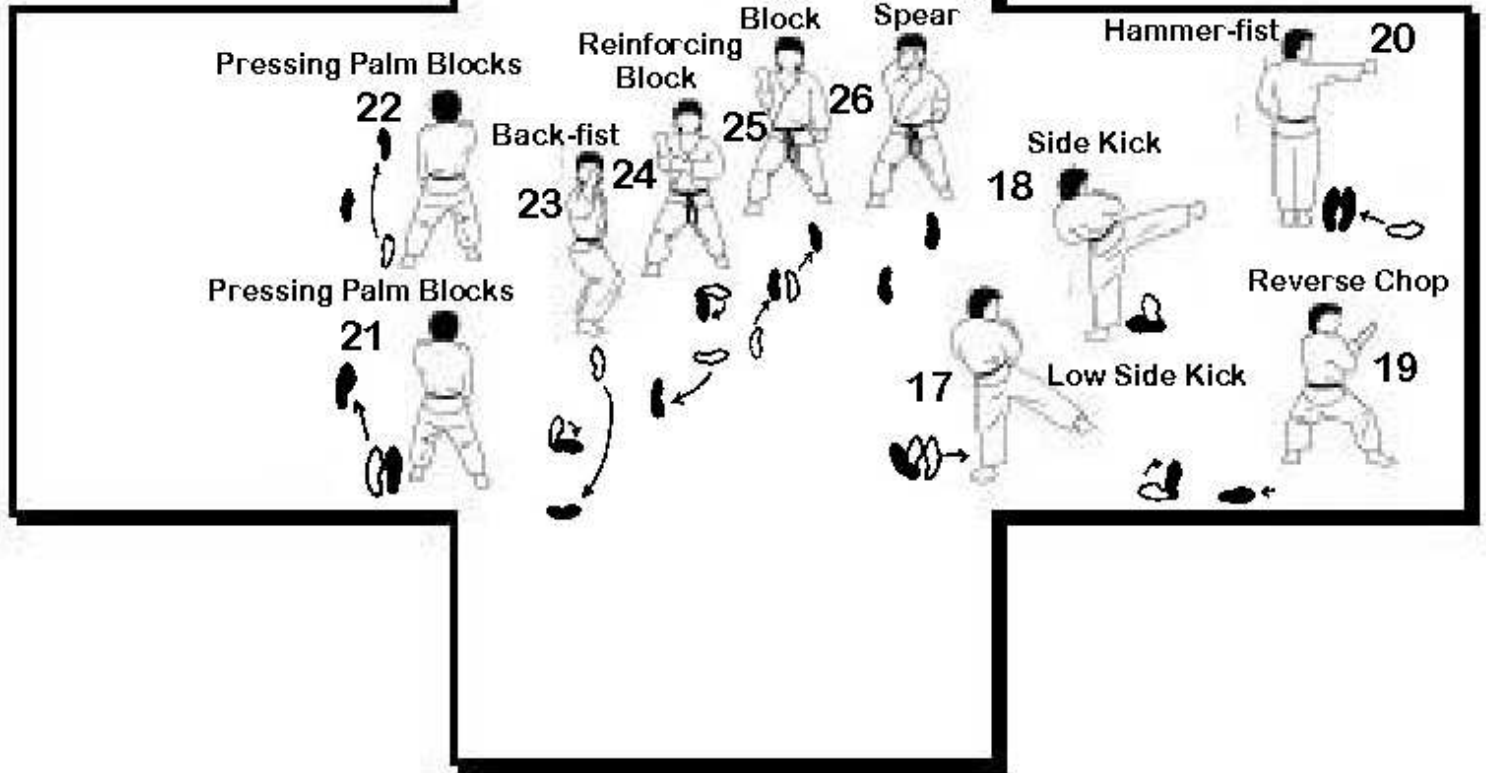


Gwang Gae was the 19th king of the Ko-Ku-Ryo Dynasty and was known for being a great conqueror. He was very bold and ambitious, according to the record of his reign enscribed on his tombstone.



광계

Gwang-gae



The form of Gwang-Gae is required for promotion for temporary 1st dan to permanent 1st dan black belt.

