

TONG IL LO GREEN BELT CURRICULUM

BLOCKS

1. OUTSIDE HOOKING BLOCK
2. INSIDE HOOKING BLOCK
3. LEAD LEG SHIN BLOCK
4. REAR LEG SHIN BLOCK

HAND TECHNIQUES

1. WRIST STRIKE
2. MOUNTAIN PUNCH
3. LEOPARD FIST
4. HOOK PUNCH
5. EAGLE BEAK
6. LONG FIST
7. REAR ELBOW THRUST
8. UPWARD ELBOW

KICKS

1. SCOOP KICK
2. SPINNING CRESCENT KICK
3. REAR LEG AXE KICK
4. SKIP AXE KICK
5. STEP BEHIND SIDE KICK
6. CONSECUTIVE KICKING

SELF DEFENSE

1. STAND OFF
2. CURTSY
3. OPENING GATES
4. JAPANESE STRANGLE HOLD
5. FANG OF THE COBRA
6. SUMO
7. THUMBS UP
8. THE GUILLOTINE
9. SLICING DRAGON
10. THE GIFT

BREAKING

1. STEP BEHIND SIDE KICK - 2 BOARDS
2. HAMMERFIST - 1 TILE
3. PALM - 1 BOARD
4. AXE KICK - 1 BOARD

FALLS

1. INTERMEDIATE BACK FALL

SPARRING

- 1 ON 1