

TONG IL LO ORANGE BELT CURRICULUM

STANCES

1. CAT STANCE
2. SOFT BOW STANCE
3. X-STANCE

BLOCKS

1. CIRCULAR OUTSIDE (OPEN HAND)
2. CIRCULAR INSIDE (OPEN HAND)
3. WINDMILL BLOCK
4. LEAD HAND PARRY
5. REAR HAND PARRY

HAND TECHNIQUES

1. DOWNWARD ELBOW
2. SPEARHAND
3. TIGER CLAW
4. SPINNING BACKFIST
5. PALM HEEL STRIKE
6. UPPER-CUT

KICKS

1. INSIDE CRESCENT KICK
2. OUTSIDE CRESCENT KICK
3. HOOK KICK
4. REAR LEG CHECK KICK
5. FRONT LEG CHECK KICK
6. STEP IN FRONT ROUNDHOUSE
7. COMBINATION KICKS

SELF DEFENSE

1. HEADLOCK
2. WRESTLER
3. CIRCLING ELBOWS
4. HAND TO HEAVEN
5. PASSING THE HORIZON
6. LEG BRACE
7. KIMONO GRAB
8. PUSHING THE CIRCLE
9. SPINNING TOP
10. THE CHARGE

BREAKING

1. HAMMERFIST - 1 BOARD
2. PALM HEEL - 1 BOARD
3. CHECK KICK - 1 BOARD
4. FRONT KICK / BACK KICK – 1 BOARD EACH

FALLS

1. BEGINNER FRONT FALL

SPARRING

- INTERMEDIATE 1 ON 1