TONG IL LO RED BELT CURRICULUM

THROWS
1. ARM THROW
2. WRIST THROW
3. FOOT THROW

KICKS
1. TORNADO KICK
2. BUTTERFLY KICK
3. FLYING SIDE KICK
4. FLYING SPINNING BACK KICK
5. SCISSOR KICK
6. ADVANCED CONSECUTIVE KICKS

SELF DEFENSE
1. HAMMER-N-NAIL
2. FALLING ROCK
3. THE JAVELIN
4. DEMOLITION
5. CIRCLING ROAD
6. PIT FALL
7. DIVING FALCON
8. STRIKING SERPENT
9. SPINNING FROM THE SUN
10. ROLLING RIVER
11. COBRA & MONGOOSE
12. THE DEAD SEA
13. PRANCING TIGER
14. TAIL OF TWO DRAGONS
15. CONSTRICTOR
16. 20 INSTRUCTOR’S CHOICE SELF DEFENSE FROM OTHER RANKS

BREAKING
1. STEP BEHIND SIDE KICK - 4 BOARDS
2. ROUNDHOUSE KICK - 2 BOARDS
3. JUMP SIDE KICK - 2 BOARDS
4. HAMMERFIST - 1 BRICK
5. DOWNWARD KNIFEHAND OR PALM - 3 TILES

FALLS
ADVANCED SIDE FALL

SPARRING
3 ON 1

ESSAY
DESCRIBE AND EXPLAIN THE IMPORTANCE OF THE 7 TENETS OF TONG IL LO.
THE JUDGES ARE LOOKING AT: STYLE & GRAMMAR, CONTENT, & VERBAL
DEFENSE.