

Tong Il Lo Senior Red Belt Requirements

KICKS:

1. TWIN FLYING FRONT KICK
2. TWIN FLYING SIDE KICK
3. SPLIT KICK
4. COMBINATION KICKS

SELF DEFENSE:

1. TORNADO FIST
2. ROCK & A HARD PLACE
3. SHARK ATTACK
4. JAW BREAKER
5. LIFT OFF
6. AWAKING DRAGON
7. THORS' HAMMER
8. LEAPING LEOPARD
9. AUSTRALIAN KICK BOXER
10. REVERSE STOCKS
11. THE FOX HOLE
12. FALLING ANGEL
13. RUSHING TIDES
14. REVENGE OF THE PHOENIX
15. CORNERED BADGER
16. 20 INSTRUCTOR'S CHOICE SELF DEFENSE FROM OTHER RANKS

BREAKING

1. STANDING SIDE KICK - 4 BOARDS
2. FLYING SIDE KICK - 2 BOARDS
3. SUSPENDED SPINNING HOOK KICK - 2 BOARDS
4. COMBINATION JUMP REVERSE PUNCH & BACK KICK - 1 BOARD EA
5. SUSPENDED KNIFEHAND - 1 BOARD
6. 4 DIRECTIONAL COMBO (YOUR CHOICE) - 2 BOARDS EA

SPARRING: 4 ON 1

ESSAY: MINIMUM OF 3 PAGES, STANDARD TYPWRITTEN ESSAY ON "THE ART OF PEACE"
THE JUDGES ARE LOOKING AT: STYLE & GRAMMAR, CONTENT, & VERBAL DEFENSE.

INSTRUCTING: MINIMUM OF 50 HOURS OF RECORDED TEACHING TIME OF A GROUP CLASS
OR PRIVATE LESSONS