

TONG IL LO TEMPORARY BLACK BELT CURRICULUM

HAND & FOOT TECHNIQUES

1. HAND & FOOT COMBINATIONS
2. CONSECUTIVE HAND & FOOT TECHNIQUES

SELF DEFENSE

ALL PREVIOUS MATERIAL, WHITE THROUGH SENIOR RED BELT MUST BE MASTERED TO SHOW APPROPRIATE SPEED, TIMING, AND CONTROL. A DEMONSTRATION AND TEACHING OF THIS MATERIAL MAY BE REQUESTED.

BREAKING

1. STANDING SIDE KICK - 5 BOARDS
2. JUMP SPINNING BACK KICK - 3 BOARDS
3. PUNCH - 2 BOARDS
4. DOWNWARD KNIFEHAND - 5 TILES
5. SPECIALTY BREAK - YOUR CHOICE
6. SPECIALTY BREAK - YOUR CHOICE

SPARRING:

1. SPARRING COMPETITION IN A MINIMUM OF 3 TOURNAMENTS
2. SPARRING 4 ON 1. AT THIS LEVEL THE STUDENT SHOULD ATTEMPT TO DEMONSTRATE THEIR SPARRING TACTICS WITH APPLICATIONS OF SELF DEFENSE TECHNIQUES TO SIMULATE ACTUAL STREET COMBAT SITUATIONS.

ESSAY

MUST BE 3 TO 5 PAGES, STANDARD TYPWRITTEN ESSAY ON "THE ART OF WAR"
THE JUDGES ARE LOOKING AT: STYLE & GRAMMAR, CONTENT, & VERBAL DEFENSE.

INSTRUCTION

MINIMUM OF 50 HOURS OF RECORDED TEACHING TIME REQUIRED. 10 OF WHICH MUST BE FULL CLASS INSTRUCTION.