

TONG IL LO WHITE BELT CURRICULUM

STANCES

1. HORSE (SITTING)
2. FRONT (RIGHT/LEFT)
3. BACK (RIGHT/LEFT)
4. NEUTRAL

BLOCKS

1. DOWNWARD (LOW)
2. UPWARD (HIGH)
3. OUTSIDE MIDDLE (PALM IN/OUT)
4. INSIDE MIDDLE (PALM IN)

HAND TECHNIQUES

1. JAB (LEAD HAND)
2. CROSS PUNCH (REAR HAND)
3. HAMMER FIST
4. RIDGE HAND
5. INWARD HORIZONTAL ELBOW

KICKS

1. THRUSTING KNEE
2. SMASHING KNEE
3. FRONT KICK
4. SIDE KICK
5. ROUNDHOUSE KICK
6. BACK KICK

SELF DEFENSE

1. ESCAPE
2. PUSHING THE WAVE
3. DANCER
4. CRASHING ELBOWS
5. BOWING OUT
6. TWISTING TALON
7. SPREADING WINGS
8. SHOWING RESPECT
9. BLOCKING THE KICK
10. BRINGING DOWN THE AXE

FALLS

1. BEGINNER BACK FALL

BREAKING

1. FRONT KICK - 1 BOARD
2. SIDE KICK - 1 BOARD
3. BACK KICK - 1 BOARD

SPARRING

- INTRO TO SPARRING - 1 ON 1