

# TONG IL LO YELLOW BELT CURRICULUM

## **BLOCKS**

1. KNIFE HAND MIDDLE
2. X-BLOCK LOW
3. X-BLOCK HIGH
4. DOUBLE OUTSIDE

## **HAND TECHNIQUES**

1. BACKFIST
2. KNIFEHAND STRIKE
3. OUTWARD ELBOW
4. CROSS PUNCHING (JAB/CROSS)
5. INWARD WRIST LOCK
6. OUTWARD WRIST LOCK

## **KICKS**

1. CHANGE STEP
2. FOOT JAB
3. SPINNING BACK KICK (180 Degree)
4. LOW/HIGH FRONT KICK
5. LOW/HIGH SIDE KICK
6. LOW/HIGH ROUNDHOUSE KICK

## **SELF DEFENSE**

1. LONDON BRIDGE
2. BREAKING FREE
3. BEGGAR
4. BACKSTROKE
5. FRONTSTROKE
6. KNEE OF VENGEANCE
7. CROSSING FISTS
8. RAISING SHIELDS
9. PARTING THE REEDS
10. OPPONENTS AT SIDES

## **BREAKING**

1. SPINNING BACK KICK - 1 BOARD
2. ROUNDHOUSE KICK - 1 BOARD
3. KNIFEHAND STRIKE – 1 BOARD
4. THRUST / SMASHING KNEE – 1 BOARD

## **FALLS**

1. BEGINNER SIDE FALL

## **SPARRING**

- BEGINNER - 1 ON 1