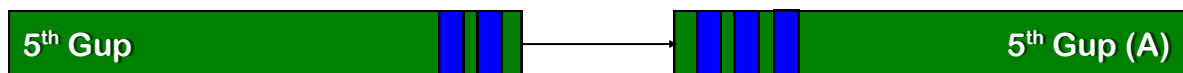


JUNIOR DEVELOPMENT PROGRAMME



TECHNIQUES:

1. Everything from Previous Test(s)
2. Step Forward / Backward 4 Times: Walking Stance, Obverse Palm Hooking Block, Reverse Palm Hooking Block
3. Step Forward / Backward 4 Times: L-Stance Twin Knife-hand Block
4. Step Forward / Backward 4 Times: Walking Stance High Double Forearm Block
5. Jump Forward 4 Times: X-Stance High Back Fist Side Strike
6. 2 Times Each Leg: Bending Stance Side Piercing Kick, Front Elbow Strike

PATTERNS:

1. 4 Direction Jumping Side Kick (Both Legs)
2. Yul-Gok Tul (See Website for full info: <http://itkdc.com/patterns/yul-gok-tul/>)

SPARRING:

1. Sparring - Light Contact (Safety Equipment Required)

LEG PLACEMENT: (Hold out leg for a count of THREE)

1. 4 Direction Side Kick, Turning Kick

PAD WORK:

1. Reverse Turning Kick (Both Legs)
2. Double Section Side Kick (Both Legs)
3. Double Section Turning Kick (Both Legs)

BEST STANCE:

1. X-Stance

BEST ATTACKING TOOL:

1. Footsword - Slow motion turning kick (Chest Height)

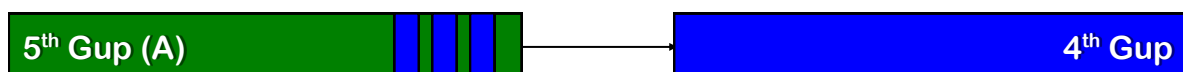
THEORY:

What is :

1. "Hooking Block" ?
2. "Front Elbow" ?
3. "Twin Knifehand Block" ?
4. Meaning of Blue Belt ?
5. How Many moves are in Yul-Gok Tul ?
6. Definition of Yul-Gok Tul ?

ANSWERS:

Golcho Makgi
Ap Palkup
Sang Sonkal Makgi
Heaven
38
See Website for Pattern Definition



AS ABOVE SYLLABUS - PLUS PATTERNS:

1. 4 Direction Hook Kick, Turning Kick (Both Legs)