

JUNIOR DEVELOPMENT PROGRAMME

1st Gup

1st Gup (A)

TECHNIQUES:

1. Everything from Previous Test(s)
2. Step Forward / Backward 4 Times: Walking Stance, High Front Knife-hand Strike
3. Step Forward / Backward 4 Times: L-Stance, X-Knife-hand Checking Block
4. Step Forward / Backward 4 Times: Walking Stance, High Front Reverse Knife-hand Strike
5. 3 Times each side: L-Stance, High Turning Kick, Middle Back Piercing Kick

PATTERNS:

1. 4 Direction Reverse Turning Kick (Both Legs)
2. Choong-Moo Tul (See Website for full info: <http://itkdc.com/patterns/choong-moo-tul/>)

SPARRING:

1. Sparring - Light Contact (Safety Equipment Required)
2. 2 on 1 Sparring - Light Contact (Safety Equipment Required)

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

1. 4 Direction Slow Motion Front Kick, Back Kick, Side Kick, Turning Kick (Different Directions)

PAD WORK:

1. Jumping Back Piercing Kick (Both Legs)

SELF DEFENCE:

1. Advanced Self Defence - Release from grabs & holds

THEORY:

What is :

1. "High Front Knifehand Strike" ?
2. "X-Knifehand Block" ?
3. "Middle Back Piercing Kick" ?
4. "Vertical Stance" ?
5. "Vertical Kick" ?
6. Meaning of Black Belt ?
7. How Many moves are in Choong-Moo Tul ?
8. Definition of Choong-Moo Tul ?

ANSWERS:

Nopunde Ap Sonkal Taerigi
Kyocha Sonkal Makgi
Kaunde Dwit Cha Jurigi
Soojik Sogi
Sewo Chagi
"Impervious to Fear and Darkness"
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See Website for Pattern Definition

1st Gup (A)

1st Degree Black Belt

Visit the Members Area (Black Belt Section) of the club website (www.itkdc.com) for the latest copy of the National Black Belt Syllabus