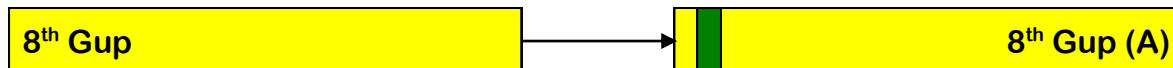


# JUNIOR DEVELOPMENT PROGRAMME



## TECHNIQUES:

1. Everything from Previous Test(s)
2. Step Forward / Backward 4 Times: Walking Stance, Outer Forearm Rising Block
3. Step Forward / Backward 4 Times: L-Stance, Outward Knife-hand Strike
4. Step Forward / Backward 4 Times: L-Stance, Twin Forearm Block
5. Step Forward / Backward 4 Times: Walking Stance, High Obverse Punch
6. Step Forward 4 Times Right Leg: L-Stance, Twin Forearm Block, Walking Stance, High Obverse Punch
7. Step Forward 4 Times Left Leg: L-Stance, Twin Forearm Block, Walking Stance, High Obverse Punch
8. Step Forward 4 Times Right Leg: L-Stance, Middle Knife-hand Guarding Block, Walking Stance, Middle Obverse Punch
9. Step Forward 4 Times Left Leg: L-Stance, Middle Knife-hand Guarding Block, Walking Stance, Middle Obverse Punch

## PATTERNS:

1. 4 Direction Turning Kick (Both Legs)
2. Dan-Gun Tul ( See Website for full info: <http://itkdc.com/patterns/dan-gun/> )

## SPARRING:

1. Sparring - Light Contact

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

1. 4 Direction Turning Kick

## PAD WORK:

1. Turning Kick (Both Legs)
2. Front Kick, Turning Kick (Both Legs)

## BEST STANCE:

1. Sitting Stance

## BEST ATTACKING TOOL:

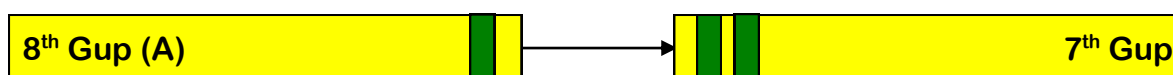
1. Ball of Foot on Turning Kick

## THEORY:

1. What is “L-Stance” in Korean ?
2. What is “Side Kick” in Korean ?
3. What is “Knifehand” in Korean ?
4. What is “Twin Forearm Block” in Korean ?
5. How Many moves are in Dan-Gun Tul ?
6. Definition of Dan-Gun Tul ?

## ANSWERS:

Ninja Sogi  
Yop Chagi  
Sonkal  
Sang Palmok Makgi  
21  
See Website for Pattern Definition



## AS ABOVE SYLLABUS - PLUS PATTERNS:

1. 4 Direction Crescent Kick