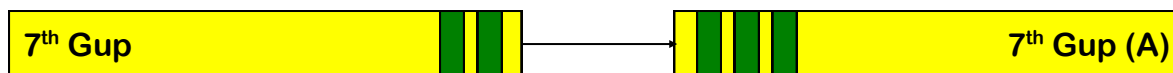


# JUNIOR DEVELOPMENT PROGRAMME



## TECHNIQUES:

1. Everything from Previous Test(s)
2. Step Forward / Backward 4 Times: Walking Stance, High Outer Forearm Side Block, Middle Reverse Punch
3. Step Forward / Backward 4 Times: Walking Stance, High Back Fist Strike
4. Step Forward / Backward 4 Times: Walking Stance, Straight Finger Tip Thrust
5. Step Forward 2 Times Right Leg: High Outer Forearm Wedging Block, Middle Front Snap Kick, Walking Stance, Middle Obverse Punch, Reverse Punch
6. Step Forward 2 Times Left Leg: High Outer Forearm Wedging Block, Middle Front Snap Kick, Walking Stance, Middle Obverse Punch, Reverse Punch

## PATTERNS:

1. 4 Direction Hook Kick (Both Legs)
2. Do-San Tul ( See Website for full info: <http://itkdc.com/patterns/do-san-tul/> )

## SPARRING:

1. Sparring - Light Contact (Safety Equipment Required)

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

1. 4 Direction Front Kick, Side Kick, Turning Kick, Hook Kick (Different Kick per direction)

## PAD WORK:

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

## BEST STANCE:

1. L-Stance

## BEST ATTACKING TOOL:

1. Back Heel (Hook Kick)

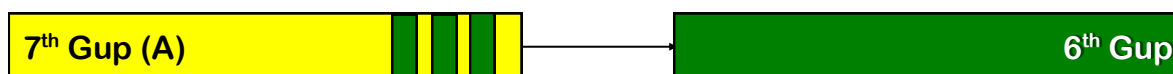
## THEORY:

What is :

1. "Outer Forearm Wedging Block" ?
2. "Straight Fingertip Thrust" ?
3. "Reverse Punch" ?
4. "Knifehand Guarding Block" ?
5. The meaning of "Green Belt" ?
6. How Many moves are in Do-San Tul ?
7. Definition of Do-San Tul ?

## ANSWERS:

Bakat Palmok Hechyo Makgi  
San Sonkut Tulgi  
Bandal Jurigi  
Sonkal Daebi Makgi  
Growth  
21  
See Website for Pattern Definition



## AS ABOVE SYLLABUS - PLUS PATTERNS:

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