



EE DAN 2nd Degree (plain)

New Techniques Sliding straight Kick (Front & Rear)

Consecutive straight Kick (Front & Rear Leg)

Sliding Side Kick (Front & Rear)

Consecutive Side Kick (Front & Rear Leg)

Pattern

From Closed Chumbi Position:

To right side: Left foot steps sideways into Sitting Stance (**looking towards the right**), Palm Low Block (right side), Right Leg Side Kick (land in right Front Stance), Front Knife Hand Strike, Rear straight Punch, Front Round Punch, Dodge, Front Round Punch (defensive), Front Leg Roundhouse Kick (land in right Side Stance), Front Knife Hand Strike. Left foot steps to right to Closed Chumbi position

To left side: Right foot steps sideways into Sitting Stance, Palm Low Block (left side), Left Leg Side Kick (land in left Front Stance), Front Knife Hand Strike, Rear straight Punch, Front Round Punch, Dodge, Front Round Punch (defensive), Front Leg Roundhouse Kick (land in left Front Stance), Front Knife Hand Strike.

To front: Right foot steps back into left foot forward Stance, Open Hand Upper Block, Rear straight Punch, Rear Leg straight Kick (land in right Front Stance), Front straight Punch, Rear straight Punch, Rear Leg Double Side Kick (land in left Front Stance), Front Knife Hand Strike, Rear straight Punch, Front Upward Punch (upper cut), Rear diagonal Round Punch.

To front: Left Leg steps back into right Front Stance, Open Hand Upper Block, Rear straight Punch, Rear Leg straight Kick (land in left foot forward Stance), Front straight Punch, Rear straight Punch, Rear Leg Double Side Kick (land in right Front Stance), Front Knife Hand Strike, Rear straight Punch, Front Upward Punch, Rear diagonal Round Punch.

To rear: Turn 180 degrees to face the rear in a left foot forward Stance by pivoting on the left foot and moving the right foot over, Open Hand Upper Block, Rear straight Punch, Dodge, Rear straight Punch, Front straight Punch, Rear Leg Double straight Kick (land in right Front Stance), Rear straight Punch, Middle Block, Rear straight Punch, Front Round Punch, Rear Leg Double straight Kick (land in left foot forward Stance), Rear straight Punch, Middle Block, Rear straight Punch, Front Round Punch.

To front: Turn 180 degrees to face the front in a right foot forward Stance by pivoting on the left foot and moving the right foot over, Front Knife Hand Strike, Rear straight Punch, Dodge, Rear straight Punch, Front straight Punch.

Front foot steps back to rear foot to Parallel stance.

Speed DrillAll Second Dan Speed Drills Are Performed From Hands Down Stance

#1) (FS) Front straight Punch (fake), Sliding Front Leg straight Kick, Front straight Punch, Rear straight Punch, Dodge, Rear straight Punch, Rear Leg Roundhouse Kick, Spinning Hook Kick, Front Knife Hand Strike, Rear straight Punch, Dodge, Rear straight Punch, Rear Leg straight Kick.

#2) (FS) Front straight Punch / Rear straight Punch (fakes), Sliding Rear Leg straight Kick, Front straight Punch, Rear straight Punch, Dodge, Rear straight Punch, Rear Leg Roundhouse Kick, Spinning Hook Kick, Front Knife Hand Strike, Rear straight Punch, Dodge, Rear straight Punch, Rear Leg straight Kick.

#3) (FS) Front straight Punch (fake), Sliding Front Leg Side Kick, Front Knife Hand Strike, Rear straight Punch, Dodge, Rear straight Punch, Rear Leg Roundhouse Kick, Spinning Hook Kick, Front Knife Hand Strike, Rear straight Punch, Dodge, Rear straight Punch, Rear Leg Side Kick.

#4) (FS) Front straight Punch / Rear straight Punch (fakes), Sliding Rear Leg Side Kick, Front Knife Hand Strike, Rear straight Punch, Dodge, Rear straight Punch, Rear Leg Roundhouse Kick, Spinning Hook Kick, Front Knife Hand Strike, Rear straight Punch, Dodge, Rear straight Punch, Rear Leg Side Kick.

Defense DrillAttack: (Two alternating attackers from hands down stance) Single hand or foot technique

Defense: Bada Chagi (Stopping Kick) and counter attack with 3 - 5 techniques

AirShield(Two shields alternating attack) Air Shield Attack with free movement
(Two shields alternating attack) Bada Chagi Air Shield Attack

CloseRangeTBA

Power Test Sliding straight Kick (Front or Rear Leg – Examiner`s Preference)