



EE DAN RED STRIPE

New Techniques Sliding Spinning Side Kick + Sliding Spinning Hook Kick
Spinning Consecutive Side Kick + Spinning Consecutive Hook Kick

Pattern

From Closed Chumbi Position

To right side: Left foot steps back into right foot forward Stance (facing right), Open Hand Middle Block, Rear Straight Punch, Front Upward Punch, Rear Open Hand Body Block, Front Leg Push Kick, Front Straight Punch, Rear Straight Punch, Front diagonal Round Punch, Dodge, Front diagonal Round Punch (defensive).

To left side: Pivot on the left foot and step with right foot into a left foot forward stance facing left, Open Hand middle Block, Rear Straight Punch, Front Upward Punch, Rear Open Hand Body Block, Front Leg Push Kick, Front Straight Punch, Rear Straight Punch, Front diagonal Round Punch, Dodge, Front diagonal Round Punch (defensive).

To front: Turn to the right into a right foot forward stance, Open Hand Middle Block, Rear Straight Punch, Double Forearm Block to the left, Rear Straight Punch, Rear Double Hook Kick (land in left foot forward Stance), Rear Straight Punch.

To front: Open Hand Middle Block, Rear Straight Punch, Double Forearm Block to the right, Rear Straight Punch, Rear Double Hook Kick (land in right Front Stance), Rear Straight Punch.

To front: Front Leg Side Kick (land in right Sitting Stance), Front Knife Hand Strike, Front Leg Hook Kick / Roudhouse Kick (land in right foot forward Stance), Front Straight Punch, Rear Straight Punch, Front Round Punch (defensive).

To rear: Turn to face the rear (feet remain in place), Front Leg Side Kick (land in left Sitting Stance), Front Knife Hand Strike, Front Leg Hook Kick / Roudhouse Kick (land in left foot forward Stance), Front Straight Punch, Rear Straight Punch, Front Round Punch (defensive).

To rear: Front Leg Roundhouse Kick (instep), Spinning Hook Kick (land in right foot forward Stance), Front Knife Hand Strike, Rear Straight Punch, Middle Block, Front Leg Roundhouse Kick (instep), Spinning Hook Kick (land in left foot forward Stance), Knife Hand Strike, Rear Straight Punch, Middle Block, Rear Straight Punch, Front Round Punch / Front Knife Hand Strike, Rear Straight Punch, Dodge, Rear Straight Punch, Front Reverse Knife Hand Strike (defensive).

To front: Two step turn into a right front stance **facing front**, Rear Straight Punch, Front Round Punch / Front Knife Hand Strike, Rear Straight Punch, Dodge, Rear Straight

Punch, Front Reverse Knife Hand Strike (offensive). Front foot steps back to rear - to Paro.

Speed Drill All Second Dan Speed Drills Are Performed From Hands Down Stance

#17) (SS) Front Straight Punch (fake), Sliding Spinning 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.

#18) (SS) Front Straight Punch (fake), Sliding Spinning Hook 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 Hook Kick.

Defense Drill Attack: (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

Power Test Sliding Axe Kick or Crescent Kick