

Red 1 syllabus Pal Jang

Practical	Instructor comments
Combination 4-Turning Kick, Inch Back Jump Back Kick.	
Combination 5-Tornado Kick Land Inch Back Jump Back Kick	
Combination 6-T Reverse Turning, Turning Kick, Jump Turning Kick	
Combination 7- Turning kick, Back Kick, Jump Back Kick	
Combination 8 -Jab, Cross, Turning Kick, Reverse Side Kick, Axe Kick	
Self Defense Techniques Against Wrist Grabs x 5	
Self Defense Techniques Against Knife Attacks	
Sparring Against 2 people	
Theory 3 Dynasties of Taekwondo	
Breaking 4 Boards Palm Strike/ Closed Fist (seniors) Terracotta Tile X 1	

Student Name

Student age..... Date.....

Masters comments only

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...Masters signature.....Date.....