

Red 2 Syllabus (Pattern 8) Chil Jang

Practical	Instructor Comments
Combination Attack No. 6 Turning Kick, Jump Reverse	
Combination Attack No. 7 Turning, Hook Kick of Back Leg	
Combination Attack No. 8 Reverse Kick of the Spot, Turning kick off the same leg into a reverse kick	
Self Defense No.1 getting out of double handed grab to chest Taking opponent down	
Self Defense No. 2 defend against shoulder grab from behind.	
Self-defense No.2 defense against Wrist grab	
Instructors choice of techniques & Patterns	
Instructors choice of Breaking techniques 1 must be hand or arm, 2 leg	

Student Name

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

Masters comments only

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