

FORMS

Requirements Reference sheet





ONE-STEP SPARRING

Requirements reference sheet





Self-Defense

Requirements reference sheet





KICKS

Requirements Reference sheet

FRONT STRETCH KICK, INSIDE TO OUTSIDE KICK OUTSIDE TO INSIDE KICK, FRONT SNAP KICK

> ROUND HOUSE KICK SIDE KICK

> > Ноок кіск

BACK KICK

SHORT SPINNING WHEEL KICK

SPINNING BACK HOOK KICK

LONG SPINNING WHEEL KICK

REAR LEG CHAMBER & FRONT LEG CHAMBER ALL OF THE WHITE AND YELLOW BELT KICKS

JUMP SPINNING KICKS

3 STEP AND FLYING KICKS



COMBOS

Requirements Reference sheet





VIRTUES

REFERENCE SHEET





ARTICLES OF TSD

REFERENCE SHEET

ALWAYS BE

RESPECTFUL

LOYALTY TO

FAMILY AND FRIENDS

TRUST & BROTHERHOOD AMONG

FRIENDS

BE FAITHFUL BETWEEN TEACHER \$

STUDENT

COOPERATION BETWEEN

BROTHERS

ALWAYS FINISH

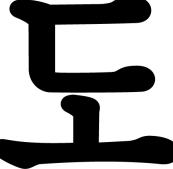
WHAT YOU START

COURAGE IN THE FACE OF

ADVERSITY

PEACE & UNDERSTANDING BEFORE

AGGRESSION & VIOLENCE





BLACK BELT COLOR CORD

FORMS REQUIREMENTS





BLACK BELT COLOR CORD

KICKING REQUIREMENTS





