



# FORMS

## REQUIREMENTS REFERENCE SHEET

**ALL STUDENT MUST KNOW HAND COMBINATIONS 1, 2, 3, 4, 5 STEPPING AND TURNING**

**KEE CHO HYUNG IL BO (BASIC FORM #1)**

**KEE CHO HYUNG EE BO (BASIC FORM #2)**

**KEE CHO HYUNG SAM BO (BASIC FORM #3)**

**PYUNG AHN CHO DAN**

**PYUNG AHN EE DAN**

**PYUNG AHN SAM DAN**

**PYUNG AHN SAH DAN**

**PYUNG AHN OH DAN**

**BASSAI, NAIHANCHI CHO DAN**

**강사대**



# ONE-STEP SPARRING

## REQUIREMENTS REFERENCE SHEET

**1, 2**

**3, 4**

**5, 6, 7, 8**

**9, 10, 11, 12**

**13, 14, 15, 16**

**17, 18, 19, 20**

**21, 22, 23, 24**

**FRONT SNAP KICK 1, 2**

**ROUND HOUSE KICK 1, 2**

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# SELF-DEFENSE

## REQUIREMENTS REFERENCE SHEET

**CROSS HAND GRIP 1, 2**

**CROSS HAND GRIP 3, 4**

**SAME SIDE 1, 2, 3, 4**

**TWO HANDS ON ONE 1, 2, 3, 4**

**ONE ON ONE 1, 2, 3, 4**

**CROSS HAND SLEEVE GRIP**

**1, 2, 3, 4**

**KNIFE 1, 2, 3, 4, 5**

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# KICKS

## REQUIREMENTS REFERENCE SHEET

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

**ROUND HOUSE KICK**

**SIDE KICK**

**HOOK KICK**

**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**

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# COMBOS

## REQUIREMENTS REFERENCE SHEET

**1, 2, 3, 4, 5**

**(SEE HAND & FOOT HAND OUT)**

**6**

**LOW BLOCK, REVERSE PUNCH HIGH BLOCK**

**7**

**MIDDLE PUNCH, R. MIDDLE PUNCH, MIDDLE BLOCK**

**8**

**SIDE PUNCH, MIDDLE BLOCK, 2-FIST LOW X-BLOCK**

**9**

**2-FIST MIDDLE BLOCK, REVERSE PUNCH,  
LOW KNIFE HAND BLOCK**

**10**

**LKH BLOCK, R. SPEAR HAND, O-I CHOP**

**11, 12, 13**

**(SEE HAND & FOOT HAND OUT)**

**14, 15, 16, 17**

**(SEE HAND & FOOT HAND OUT)**

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# VIRTUES

## REFERENCE SHEET

**COURTESY**

**HELPFULNESS**

**TRUST**

**LOYALTY**

**HUMILITY**

**HONESTY**

**COURAGE**

**WISDOM**

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# 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**

강사매



# BLACK BELT COLOR CORD

## FORMS REQUIREMENTS

**BASIC FORM #4**

**KEE CHO HYUNG SAH BO**

**BASIC FORM #5**

**KEE CHO HYUNG OH BO**

**NAIHANCHI EE DAN**

**BASSAI SO**

**CHIL SUNG IL RO**

강사대





# BLACK BELT COLOR CORD

## KICKING REQUIREMENTS

**REAR LEG JUMP KICK**

**FRONT LEG JUMP KICKS**

**3 STEP JUMP KICKS**

**FLYING KICKS**

**JUMP SPINNING KICKS**

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# BLACK BELT COLOR CORD

## KICKING COMBOS REQUIREMENTS

1, 2

3, 4

5, 6

7, 8

9, 10

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