

NOMINAL- RED BELT WITH DOUBLE BLACK TIP

I. Tae Kwon Do Language

- A. 1st round -
- B. 2nd round -
- C. 3rd round -
- D. Break -
- E. Blue - Chahng
- F. Red -
- G. Warning - Kyawng Koe
- H. Deduction of 1 point -
- I. Continue - Kae Soek
- J. Time - Shee Kahn
- K. Win -
- L. Referee -
- M. Judge -
- N. Timer -
- O. Recorder -
- P. Protective cup -
- Q. Chest protector -

II. Basic Moves

- A. Boulder push
- B. Single knifehand low block
- C. V hand throat strike
- D. Knee break
- E. Groin strike
- F. Side elbow strike
- G. Knifehand strike and block combination

III. Basic Kicks

- A. Double roundhouse kick
- B. Double side kick
- A. Flying back kick

IV. Form(s)

- A. Koe Lyaw

1. Starting from ready stance, execute **boulder push** or **Koe Lyaw Joon Bee**.
2. Look to your left, ready your arms for left **double knifehand middle block** and slide left foot toward your left and then turn 90 degrees into **back stance** and execute block.
3. Execute a right **double side kick**. Land in a right **front stance** while executing a right **knifehand neck strike** and then a left **middle punch**. Slide your right foot back towards your left foot into right **back stance** while executing a right **inside middle block**.
4. Look over your right shoulder, ready your arms for right **double knifehand middle block** and step back with right foot and then turn 180 degrees, toward your right, into **back stance** while executing block.
5. Execute a left **double side kick**. Land in a left **front stance** while executing a left **knifehand neck strike** and then a right **middle punch**. Slide your left foot back towards your right foot into left **back stance** while executing a left **inside middle block**.
6. Look to your left, ready your arms for left **single knifehand low block**, slide your left foot toward your left and then turn 90 degrees, into **front stance**, while executing block then execute a right **v hand throat strike**.