Steve Tottle Tae Kwon-Do

T.A.G.B. TAE KWON-DO INTERNATIONAL

LINE WORK

1st Dan

FWD	L stance, Low KHGB, slip front foot to walking stance, Circular Block
BWD	Walking stance, double forearm block, reverse low block
FWD	Double turning kick, land L stance, FGB
BWD	L stance, horizontal punch
FWD	Low then middle side kick, land in L stance, Inward Knife hand strike
BWD	L stance, U Shape grasp
FWD	Twist Kick, land walking stance, Double Punch
BWD	L stance, X Knife Hand checking Block , single upward punch, opposite hand toshoulder
FWD	Turning Kick, Jumping Side Kick, land in walking stance Twin Vertical Punch, pullback to L stance, FGB
BWD	Walking stance, No 9 shaped Block
FWD	Front Leg, Hook Kick, Turning Kick, Rear Leg Axe Kick, land L stance, FGB
BWD	Walking stance, Rising Block, Low Block, Double Arc Hand
STATIC	Jumping front kick, Jumping turning kick, Jumping side kick

Patterns

One coloured belt pattern of examiner's choice	All together
One coloured belt pattern student's choice	In groups
Kwang Gae, Po Eun, Gae Baek	in groups

Set Sparring

1 step sparring

NOTE: This line work is a **SAMPLE** and could be subject to change at anytime during a Black Belt Grading