

Steve Tottle Tae Kwon-Do

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

LINE WORK

2nd Dan

FWD	Double side kick, Reverse side kick, Land L stance FGB (change legs)
BWD	1st 4 moves of Ko dang
FWD	Front leg, Hook/Side kick comb, Rear leg, Axe kick, Land FGB
BWD	Walking stance, Double inward Knife hand strike (Ko Dang)
FWD	Mid section defensive crescent kick, Land L stance Crosscut, Pull back FGB (Ko Dang)
BWD	Walking stance, Knifehand wedging block/Circular block (reverse knifehand), Pull back to rear foot stance, double downward palm block
FWD	Rear leg, Front/Turning kick Comb, Axe kick same leg
BWD	Walking stance, low knife hand block, reverse palm heal strike
FWD	Twisting kick, Land walking stance, X fist pressing/rising knife hand block
BWD	L stance, Downward outer forearm block
FWD	Front kick, Land walking stance, reverse arc hand strike
BWD	Walking stance, Obverse inward outer forearm Block, (same hand) back fist side strike (Choong Jang)
STATIC	Jumping front kick, Jumping side kick, jumping reverse side kick

Patterns

Coloured belt pattern (examiners choice)	All together
1st Dan pattern (examiners choice)	All together
1st Dan pattern (examiners choice)	All together
Ko Dang, Eui Am, Choong Jang	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