Steve Tottle Tae Kwon-Do

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

LINE WORK

4th Dan +

FWD	Double side kick, Reverse side kick, Land L stance, FGB (change legs)
BWD	In rear foot stance, Inward outer forearm block, slip back foot into walking stance, low section inward palm block (Tong Il)
FWD	Reverse turning/side kick combination, land L stance, FGB
BWD	Walking stance, Slow double reverse knife hand block, fast, Double punchcombination (Tong Il)
FWD	L stance, Back hand strike, Inward crescent kick, hitting palm, side kick same leg,Land L stance, Back hand strike (Yoo Sin)
BWD	Walking stance, Obverse underfist strike, Reverse palm heal strike (Tong Il)
FWD	Rear leg, front/turning kick combination, Axe kick same leg, land L stance, FGB
BWD	Walking stance, Reverse inward outer forearm block, obverse punch (Sam Il)
FWD	Twisting kick land walking stance, X fist pressing/rising knife hand block (Eui Am)
BWD	Walking stance, Knife hand rising block, circular block, obverse punch (Choi Yong)
FWD	Rear leg, low, middle side kick, Land L stance, inward knife hand strike
BWD	Walking stance, rising block, low block, double arc hand
STATIC	Jumping front kick, jumping turning kick, jumping side kick, jumping reverseside kick

Patterns

Coloured belt pattern (examiners choice)	All together
1st or 2nd Dan pattern (examiners choice)	All together
1st or 2nd Dan pattern (examiners choice)	All together
1st or 2nd Dan pattern (examiners choice)	All together
1st or 3rd Dan pattern (examiners choice)	All together
Se Jong, Tong Il, Ul Gi	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