



Name \_\_\_\_\_

	Learn	Progress			Achieved
		1	2	3	
<b>1. Stances:</b>					
a. Sitting stance (annun sogi), sitting ready stance (annun junbi sogi)					
b. L-stance (niunja sogi), L-ready stance (niunja junbi sogi)					
c. Spot turning (gujari dolgi) pivoting on the front foot pivoting on the rear foot stepping the front foot on the midline					
step turning (omgyo didimyo dolgi) forward step turning clockwise forward step turning counter-clockwise backward step turning clockwise backward step turning counter-clockwise					
<b>2. Defensive techniques:</b>					
a. Forearm guarding block (palmok daebi makgi)					
b. Side rising kick (yopcha olligi)					
<b>3. Offensive techniques:</b>					
a. Side front snap kick (yobap cha busigi)					
b. Turning kick (dolryo chagi)					
c. Flat fingertip thrust (opun sonkut tulgi)					
<b>4. Pattern: Chon-Ji Tul – 19 movements</b>					
<b>5. Sparring: a. Three step sparring (sambo matsogi)</b>					
i) One way, alone, hand techniques inner forearm side block, front punch, flat fingertip thrust					
<b>6. Theory</b> Korean, basic stances Korean, 1-10 Pattern history, Chon-Ji					