

KUK SOOL JUNIOR SYLABUS 1ST Dahn

TESTING FOR	HAND STRIKES	KICKS	HYUNG	TECHNIQUE	TECHNIQUE LHS **	WEAPONS LHS** & RHS	BREAKING
YELLOW STRIPE	STRAIGHT PUNCH	FRONT STRAIGHT RISING KICK	CHO GEUP 1	SOHN PPAE KI 5	SOHN PPAE KI 3	JOOL BONG SET 1	STAMPING KICK
YELLOW BELT	HAMMER FIST	AXE KICK	CHO GEUP 2	KI BOHN SOO 5	SOHN PPAE KI 5	JOOL BONG SET 2	FRONT KICK
YELLOW /ORANGE	PALM STRIKE	FRONT KICK	CHO GEUP 3	KI BOHN SOO 10	KI BOHN SOO 3	JOOL BONG SET 3	PALM STRIKE
ORANGE	KNIFE HAND (CHOP)	SIDE KICK	KI CHO 2	KI BOHN SOO 15	KI BOHN SOO 5	JOOL BONG SET 4	AXE KICK
ORANGE/GREEN	ROLLING CHOP	KNEE KICK	KI CHO 4	SOHN MOHK SOO 5	KI BOHN SOO 7	JOOL BONG SET 5	CHOP
GREEN	REVERSE CHOP	IN SIDE CRESCENT (TURN) KICK	KI CHO 6	SOHN MOHK SOO 11	KI BOHN SOO 10	JOOL BONG SET 6	SIDE KICK
GREEN/BLUE	ELBOWS	OUTSIDE CRESCENT KICK	JOONG GEUP 1	EUE BOHK SOO 6	KI BOHN SOO 12	JOOL BONG SET 7	FRONT RISING KICK
BLUE	BACKFIST	TOP OF FOOT KICK (FRONT LEG)	JOONG GEUP ALL	EUE BOHK SOO 13	KI BOHN SOO 15	JOOL BONG SET 8	HOOK KICK
BLUE/RED	PREYING MANTIS STRIKE/BLOCK	BACK LEG	GOH GEUP HALF	AHN SOHN MOHK SOO 6	SOHN MOHK SOO 3		BACK KICK
RED	SPEAR HAND	ROUNDHOUSE (BALL OF FOOT)	GOH GEUP ALL	MAEK CHI KI 8	SOHN MOHK SOO 5		TURN BACK KICK
RED/BROWN	REVERSE PALM STRIKE	BACK KICK	DAE GEUP TO PUNCHES	MAEK CHI KI 15	SOHN MOHK SOO 7	KI BOHN DAHN BONG	ROUNDHOUSE KICK
BROWN	FRONT/BACK HANDSTRIKES	TURN BACK KICK	DAE GEUP ALL	MAEK CHA KI 8	SOHN MOHK SOO 11	DAHN BONG STRIKES	FRONT/BACK HANDSTRIKE
BLACK STRIPE	DOUBLE CHOP	DORA CHA KI		MAEK CHA KI 15	EUE BOHK SOO 6	DAHN BONG 18 MOVEMENTS	SPIN KICK
DBN	DOUBLE PALM STRIKES	HOOK KICK		J M M KI BOHN SOO 8	EUE BOHK SOO 13	18 MOVEMENTS 4 DIRECTIONS	DOUBLE PALM STRIKE 2
BLACK STRIPE	TIGER FIST	LOW/HIGH SPIN KICK		J M M KI BOHN SOO 15	AHN SOHN MOHK SOO 6	DAHN BONG IL HYUNG	3 KICK COMBINATION
BLACK BELT	LONG FIST (4 FINGER FIST)	SWEEPING KICK		J G SOHN MOHK SOO 7			SPIN KICK COMBINATION 4