

TKDSOE SYLLABUS

PAD DRILLS – HANDS ONLY

All drills, pad holder and performer, start right leg back but must demonstrate with both legs!

Drill Number	Techniques
1 Yellow stripe to Yellow Belt	Obverse punch Obverse back fist Reverse punch Reverse inward knife hand Obverse punch Reverse punch
2 Green stripe to Green Belt	Obverse Rising block Reverse punch Obverse Back fist Reverse punch
3 Blue stripe to Blue Belt	Pad holder – Left arm low section pad swing Obverse Low block Reverse punch Obverse Upper cut Reverse punch
4 Red stripe to Red Belt	Obverse Back fist Reverse punch
5 Black stripe to Black Belt	Pad holder – Downward strike, obverse arm Obverse rising block Reverse punch Pad holder – Straight punch, obverse arm Evade punch – bob and weave left to right (with right leg back)