

Sebastian Karate Tang Soo Do Training Requirements

Beginner – White, Yellow, Orange Belts

Ready Stances
Fighting (Back) Stances
Front Stances
Horse Stances
Side Stances

Hands (New) and Drills	Kicks (New) and Drills
Low Block	Front Kick
High Block	Side Kick
Inside/Outside Block	Roundhouse Kick
Outside/Inside Block	Inside/Outside Kick
Center Punch	Outside/Inside Kick
High Punch	Axe Kick
Side Punch	Back Kick
Side Block	Hook Kick

Intermediate – Purple, Green Belts

Hands (New) and Drills	Kicks (New) and Drills
Knife Hand	Jump Front Kick
Spear Hand	Jump Side Kick
Back Fist	Jump Roundhouse Kick
X Hand Low	Jump Hook Kick
X Hand High	Steeping Side Kick
Ridge Hand	Steeping Hook Kick
Elbow Punch	Skipping Side Kick
Heel Palm	Skipping Hook Kick
Back Fist	Skipping Back Kick
Two Hand Middle Block	Jumping Back Kick
Reverse Punch	Knee Kick
Low Knife Hand Block	Diagonal Kick
Middle Knife Hand Block	Front Push Kick
Elbow Strike	Crescent Kick (180° / 360°)
U- Punch	

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Drills – Intermediate

Hands Doubles	Same Leg and Opposite Legs Doubles
Side Punch / Back Fist / Center Punch	Front Kick Low / Front Kick High
Knife Hand / Reverse Punch (Yuk Jin)	Roundhouse Kick / Side Kick
Knife Hand / Reverse Punch (Yuk Soo)	Front Kick / Side Kick
High Open Hand Block and High Knife Hand	Inside-Outside Kick / Side Kick
Low Trip and Grab and Middle Knife Hand	Outside-Inside Kick / Axe Kick
Outside-Inside Block / Inside-Outside Block	Roundhouse Kick / Hook Kick
X Block Low / X Block High	Roundhouse Kick / Roundhouse Kick
Spear Hand / Inside-Outside Block	Skipping Side Kick / Skipping Hook Kick
Inside-Outside Block / Reverse Punch	Steeping Side / Steeping Hook Kick

Advanced – Red Belts

New Kicks and Hands	
Spinning Crescent Kick 360	Spinning Back Kick 180
Spinning Hook Kick 360	Spinning Wheel Kick 360
Low Spinning Sweep Kick (Life Side)	Low Spinning Sweep Kick (Right Side)
Running Side Kick (both sides)	Running Hook Kick (both sides)
Jumping Axe Kick (both sides)	Spinning Back Fist

Kick Drills
Outside-Inside Kick / Jump Inside-Outside Kick / Side Kick
Front Kick / Jump Front Kick / Side Kick
Roundhouse Kick / Jump Side Kick / Spinning Back Kick
Spinning Crescent Kick / Front Kick / Roundhouse Kick
Front Kick / Back Kick / Spinning Crescent Kick
Inside-Outside Kick / Side Kick / Spinning Hook Kick
Diagonal Kick / Steeping Side Kick / Steeping Hook Kick
Spinning Back Kick / Roundhouse Kick / Front Kick
Outside-Inside Kick / Spinning Back Kick / Side Kick
Side Kick / Spinning Back Kick / Roundhouse Kick
360 Spinning Crescent Kick / Front Kick / Roundhouse Kick
360 Spinning Hook Kick / Roundhouse Kick / Jumping Side Kick
Front Kick / Back Kick / 180 Spinning Crescent Kick
Diagonal Kick / Steeping Kick / Steeping Hook Kick
Same Leg (both sides) Front Kick / Roundhouse Kick / Side Kick
Same Leg (both sides) Roundhouse Kick / Side Kick / Spinning Back Kick
Same Leg (both sides) Front Kick / Jump Front Kick / Front Kick
360 (both sides) Low Wheel Sweep Kick
(both sides) Jumping Front Kick
(both sides) Jumping Side Kick
(both sides) Jumping Roundhouse Kick

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(both sides) Jumping Hook Kick
(both sides) Running Jumping Side Kick
(both sides) Running Jumping Hook Kick
FBF - Front Kick / Axe Kick / Side Kick
FBF - Side Kick / Hook Kick / Roundhouse
FBBF – Outside-Inside Kick / Inside-Outside Kick / Side Kick / Roundhouse Kick
FBBF – Spinning Back Kick / Front Kick / Axe Kick / Hook Kick

Hand Drills
Low Block / High Block (SH) / Reverse Punch
Low Block / Middle Soo Do (SH) / Reverse Soo Do
Two Hand Middle Block / X Block Low / X Block High
Choon Dan Hang Jin
Yuk Jin
Yuk Soo
Choon Dan Hang Jin / Dew Dull Ryo Kap Kwan / Choon Dan Kong Kyuck
Inside-Outside Block / Reverse Outside-Inside Block / High Ridge Hand
Low Grab & Trap / High Soo Do / Reverse High Ridge Hand / Center Punch
Spear Hand Punch / Inside-Outside Block / Center Punch – Low Block (SH)
High Open Hand Block & Strike / High Soo Do / Center Punch – High Block (SH)
Low Block – High Block (SH) / Reverse High Ridge Hand / High Soo Do / Reverse Punch
BS – Low Soo Do / Middle Soo Do / High Soo Do
BS – Low Soo Do / Middle Soo Do / High Soo Do
BS – Low Soo Do Block / High Soo Do Block / Reverse Ridge Hand / Center Punch
Low Block- Middle Soo Do (SH) / Reverse Punch / High Soo Do / Reverse Ridge Hand
High Open Hand Block & Strike / High Soo Do Punch / Reverse Outside-Inside Block
Low Grab & Trap / High Soo Do / Reverse High Ridge Hand / Spear Hand Punch
Two Hand Middle Block / X Block Low / X Block High / Side Punch
Inside-Outside Block / Reverse Inside-Outside Block / Outside-Inside Block / Reverse Outside-Inside Block.

Hand / Kick Combinations
Front Kick / Down Block / Reverse Punch
Inside-Outside Kick / Reverse Center Punch / Inside-Outside Block
Front Kick / High Block / Reverse Ridge Hand Punch / Center Punch
Front Kick / Down Block / High Block / Reverse Ridge Hand Punch
Front Kick / Low Grab and Trap / High Soo Do / Reverse Ridge Hand Punch
Outside-Inside Kick / U-Punch / Axe Kick
High Block / Side Punch / Spinning Back Kick / Front Kick
Outside-Inside Kick / Stepping Side Kick / Inside-Outside Block / Reverse High Soo Do
Front Kick Low – Front Kick High / Spinning Back Hand / Reverse Ridge Hand Punch
Side Punch / Stepping Hook / Jumping Side kick / Spinning Back Hand Punch

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27 - Hand Drill – Purple to Black Belt (Horse Stances)
Left High Block / Right High Block
Left Inside-Outside Block / Right Inside-Outside Block
Left Outside-Inside Block / Right Outside-Inside Block
Left Low Block / Right Low Block
Left Center Punch / Right Center Block
Left Reverse Punch / Right Reverse Punch
Left High Punch / Right High Punch
Left Knife Hand Strike / Right Knife Hand Strike
Left Ridge Hand Strike / Right Ridge Hand Strike
Left Upward Elbow Strike / Right Upward Elbow Strike
Left Center Elbow Strike / Right Center Elbow Strike
Left Spear Hand Strike / Right Spear Hand Strike
Left Heel Palm Punch / Right Heel Palm Punch
U- Punch (Left Hand on Top)

32 – Kick Drill
NOT Moving Forward (B/S Right Foot Back)
Right Front Kick / Left Front Kick
Right Side Kick / Left Side Kick
Right Roundhouse Kick / Left Roundhouse Kick
Right Hook Kick / Left Hook Kick
Right Inside-Outside Kick / Left Inside-Outside Kick
Right Outside-Inside Kick / Left Outside-Inside Kick
Right Diagonal Kick / Left Diagonal Kick
Right Axe Kick / Left Axe Kick
Change Legs
NOT Moving Forward (B/S Left Foot Back)
Left Front Kick / Right Front Kick
Left Side Kick / Right Side Kick
Left Roundhouse Kick / Right Roundhouse Kick
Left Hook Kick / Right Hook Kick
Left Inside-Outside Kick / Right Inside-Outside Kick
Left Outside-Inside Kick / Right Outside-Inside Kick
Left Diagonal Kick / Right Diagonal Kick
Left Axe Kick / Right Axe Kick