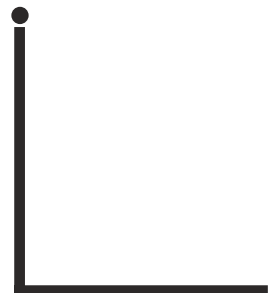


TONG IL - Lime Belt Form
Meaning - Having Unity

Side	Movement Name	Section	Stance
1 L	Knifehand Low Block	Low	Front
2 L	Knifehand High Block	High	
3 R	Ridgehand Strike	High	
4 R	#2 Side Kick	M or H	Middle
5 R	#3 Hook Kick	M or H	
6 R	Inward Outer forearm Block	Middle	
7 L	Inward Outer forearm Block-Slow	Middle	
8 R	Punch	Middle	
9 L	Punch	Middle	
10 L	Front Kick	M or H	Front
11 L	Low Block	Low	
12 L	Inner forearm Block	Middle	
13 R	Reverse Punch	High	
14 R	Round Kick	M or H	
15 R	Repeat Round Kick	M or H	
16 L	Double Outer Forearm Block	M or H	
17 R	Knifehand low block	Low	Front
18 R	Knifehand high block	High	
19 L	Ridgehand Strike	Middle	
20 L	#2 Side Kick	M or H	Back
21 L	#3 Hook Kick	M or H	
22 L	Back Fist	Middle	
23 R	Front Kick	M or H	
24 R	Low Block	Low	Front
25 R	Inner forearm block	Middle	
26 L	Reverse Punch	High	
27 L	Round Kick	M or H	Front
28 R	Reverse Side Kick	M or H	
29 L	Reverse Punch	Low	
30 R	Punch	Middle	
31 L	Reverse Punch	High	

Tong Il
 Having Unity
 31 Movements
 8,9,22,28



LIME BELT ONE-STEP SPARRING

“A” MOVEMENT

- I. L Double Outer Forearm Block
L #3 STEP Front Kick
L #3 STEP Front Kick
R Reverse Punch
L STEP Punch
L Back Leg Round Kick
L Double Outer Forearm Block

- II. L Double Outer Forearm Block
L #3 STEP Round Kick
R Reverse Side Kick
R Backfist
L Back Leg Round Kick
L Double Outer Forearm Block

- III. L Double Outer Forearm Block
L Jump Front Kick
R Front Kick
L Reverse Punch
R STEP Punch
R Back Leg Round Kick
R Double Outer Forearm Block

“B” MOVEMENT

- L Double Outer Forearm Block
Maintain distance
Maintain distance
Maintain distance
Maintain distance
Maintain distance
L Double Outer Forearm Block

- L Double Outer Forearm Block
Maintain distance
Maintain distance
Maintain distance
Maintain distance
L Double Outer Forearm Block

- L Double Outer Forearm Block
Maintain distance
Maintain distance
Maintain distance
Maintain distance
Maintain distance
R Double Outer Forearm Block

Side A's are the same as the Lite Green Belts -

Side A's = Attack

Side B's = Block

Side A's = Step Back and Block

Side B's = Step Forward and Block

#1 Kicks are stationary Kicks with the Lead Leg

#2 Kicks are stationary Kicks with the Back Leg

#3 Kicks are Kicks that step with the Back Leg and Kick with the Lead Leg

#4 Kicks are Kicks that step with the Lead Leg and Kick with the Back Leg

Watch for Cheater Steps