



SINGLE SSHANG JEOL BONG BASICS

1. PROPER GRIP AND HOLDING
2. ATTENTION STANCE
3. RESTING POSITION
4. TOP SHOULDER POSITION
5. KNIFEHAND STRIKE (WITH SSJB)
6. PUNCH (WITH SSJB)
7. UP / DOWN BETWEEN LEGS
8. UP / DOWN TO HIPS
9. UP / DOWN TO ARMS
10. CROSS BODY STRIKE
11. V-STRIKES
12. MODIFIED 4 COUNT STRIKE
13. 4 COUNT STRIKE
14. FORWARD ROTATIONS
15. BACKWARDS ROTATIONS
16. OVERHEAD ROTATIONS
17. PASS AROUND THE BACK (NOT GRADED FOR THIS TESTING)
18. PASS THROUGH THE LEGS (NOT GRADED FOR THIS TESTING)
19. OVER THE SHOULDER PASS
20. X-BLOCK (UPWARD AND DOWNWARD) (NOT GRADED FOR THIS TESTING)