

PART NINE

Advanced Self-Defense

Art of Self-Defense

The physical aspect of Tong-Il Moo-Do Self-Defense System are taken from such arts as Aikido, Kempo and Jujitsu. 80% of the techniques are based on circular movement.

A well rounded self defense program teaches not only how to inflict damage on your opponent, but also how to control without hurting. Anyone can hurt someone to stop them, but it takes true expertise to control and stop and attack without causing permanent injury.

YELLOW BELT REQUIREMENTS

- A. Same hand
 - 1. Inside over shoulder
 - 2. Outside pushdown
 - 3. Hand leg turn
 - 4. Step in V-neck
- B. Cross hand
 - 1. Knife hand outside in
 - 2. Outside palm up



GREEN BELT REQUIREMENTS

- A. Two hand grab two wrist
 - 1. Scoop palm down
 - 2. V - neck
 - 3. Inside over shoulder
- B. Shoulder grab - cross hand
 - 1. Pinch
 - 2. Fall
 - 3. Choke - hair take down

BLUE BELT REQUIREMENTS

- A. Two hand grab from rear
 - 1. Side step wrist snap out
 - 2. Side step turn, push away
- B. Front two hand grab to both shoulders
 - 1. Narrow grip - two fingers over arm throat
 - 2. Wide grip - two fingers through arms to throat
 - 3. Pinch to both arms



2nd Grade BROWN BELT REQUIREMENTS

1. Pressing two fingers back
2. From fingers down wrist control
3. Thumb pressed back
4. One finger back
5. Pressing to fingers to the side
6. From fingers down wrist control, small finger control
7. Four fingers control



1st Grade BROWN BELT REQUIREMENTS

1. Palm to chin
2. Forearm
3. Fall
4. Elbow break
5. Heaven and Earth
6. AE Lock
7. Wrist out turn throw
8. Palm up reverse throw
9. Half reverse throw
10. Palm up wrist attack
11. Fingers down wrist attack
12. Spiritual death
13. Throat attack forearm
14. Under arm sleeper
15. One finger down + up

