

## TSP Martial Arts System - Rotation 1

Note: This may not be everything you will need to know for your test.

### Patterns

White belt	1 <sup>st</sup> 8 moves of Do-San
Orange belt	1 <sup>st</sup> 16 moves of Do-San
Yellow belt	Do-San full pattern
Green belt	1 <sup>st</sup> 12 moves of Joong-Gun
Senior Green belt	1 <sup>st</sup> 20 moves of Joong-Gun
Purple belt	Joong-Gun full pattern
Blue belt	1 <sup>st</sup> 9 moves of Choong-Moo
Brown belt	1 <sup>st</sup> 20 moves of Choong-Moo
Red belt	Choong-Moo full pattern
Senior Red belt	1 <sup>st</sup> 16 moves or Horangee 2
Recommended black belt phase I	Horangee 2 full pattern
Recommended black belt phase II	Chon-Ji Won-Hyo Toi-Gye Kwang-Gae
1 <sup>st</sup> Degree	Chon-Ji Won-Hyo Toi-Gye Kwang-Gae Horangee 3
2 <sup>nd</sup> Degree	All 1 <sup>st</sup> Degree patterns Eui-Am
3 <sup>rd</sup> Degree	All 1 <sup>st</sup> and 2 <sup>nd</sup> Degree patterns Sam-Il

### Self Defense

Beginner	Wrist grab defense #1 Wrist grab defense #2 2 hand shoulder grab defense
Intermediate	Reverse wrist grab defense #1 Reverse wrist grab defense #2 Reverse wrist grab defense #3
Advanced	Full nelson defense #1 Full nelson defense #2 Full nelson defense #3
Recommended black belts, and black belts	Know all of the above

## Sparring combinations

Beginner	Beginner sparring combo #1 Beginner sparring combo #2 Beginner sparring combo #3
Intermediate	Intermediate sparring combo #1 Intermediate sparring combo #2 Intermediate sparring combo #3
Advanced	Advanced sparring combo #1 Advanced sparring combo #2 Advanced sparring combo #3
Recommended black belts, and black belts	Know all of the above

## Clinch

Beginner	Break fall Sprawl Osotogari
Intermediate	Leg kicks Check leg kick Counter leg kick Clinch Single leg with gi
Advanced	Single Leg with Gi Muay Thai plum/with knees
Recommended black belts, and black belts	Know all of the above

## Jiu-jitsu

Beginner	Shrimp Mount Guard Bump sweep Two hand choke trap and roll Kneeling guard pass
Intermediate	Shrimp Mount Guard Kimura Float around Rear naked choke
Advanced	Side control Side control to mount – 2 ways Americana from side control Head/arm triangle from side control
Recommended black belts, and black belts	Know all of the above

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