

## TSP Martial Arts System - Rotation 2

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	Dan-Gun Yul-Gok Hwa-Rang Horangee 1
1 <sup>st</sup> Degree	Dan-Gun Yul-Gok Hwa-Rang Horangee 1 Horangee 4
2 <sup>nd</sup> Degree	All 1 <sup>st</sup> Degree patterns Choong Jang
3 <sup>rd</sup> Degree	All 1 <sup>st</sup> and 2 <sup>nd</sup> Degree patterns Yoo-Sin

### Self Defense

Beginner	- Football tackle (1) - Football tackle (2)
Intermediate	- Double wrist grab behind back (1) - Double wrist grab behind back (2) - Double wrist grab behind back (3)
Advanced	- Standing side headlock escape (1) - Standing side headlock escape (2) - Standing side headlock escape (3)
Recommended black belts, and black belts	Know all of the above

## Sparring combinations

Beginner	<ul style="list-style-type: none"> <li>- Step back #3 front kick, #2 round kick</li> <li>- Skip back #2 front/round combo</li> <li>- Front punch, rev punch #2 inner crescent kick</li> </ul>
Intermediate	<ul style="list-style-type: none"> <li>- #3 jump front kick, front punch, reverse punch</li> <li>- #3 side kick, backfist</li> <li>- #3 hook/round kick, #2 round kick</li> </ul>
Advanced	<ul style="list-style-type: none"> <li>- #3 Jump side kick, backfist</li> <li>- #2 outer crescent, spin hook kick.</li> <li>- Reverse side kick, #2 jump roundkick, punch, punch.</li> </ul>
Recommended black belts, and black belts	Know all of the above

## Clinch

Beginner	<ul style="list-style-type: none"> <li>-Sprawl</li> <li>-Hip Toss</li> <li>-Standing sprawl</li> <li>Break fall</li> </ul>
Intermediate	<ul style="list-style-type: none"> <li>-Leg kicks</li> <li>-Check leg kicks</li> <li>-Counter leg kicks</li> <li>-Clinch</li> <li>- Hip toss</li> </ul>
Advanced	<ul style="list-style-type: none"> <li>-Double leg with gi</li> <li>- Osotogari</li> <li>- Reverse osotogari</li> </ul>
Recommended black belts, and black belts	Know all of the above

## Jiu-jitsu

Beginner	Shrimp Mount Guard -Low swim -Scissor sweep -Punch Defense Trap & Roll -Posture push knee guard pass
Intermediate	Shrimp Mount Guard - Triangle choke -Americana from mount -Ankle trip (go to mount)
Advanced	-Side control -Armlock from mount - Armlock from guard -Side control to mount (knee across belly) - Side control to mount (turning back to opponent)
Recommended black belts, and black belts	Know all of the above

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