

TKDSOE SYLLABUS PAD DRILLS

All drills, pad holder and performer, start right leg back but must demonstrate with both legs!

Drill Number	Techniques
1	Obverse punch Obverse back fist Reverse punch Reverse inward knife hand Obverse punch Reverse punch Rear leg Front kick

Drill Number	Techniques
2	Obverse Front kick Obverse Turning kick Obverse Rising block Reverse punch Obverse Back fist Reverse punch Rear leg Jump front snap kick

Drill Number	Techniques
3	Pad holder – Right arm low section pad swing Obverse Low block Reverse punch Obverse Upper cut Reverse punch Obverse Hook Kick Obverse Turning kick Rear leg Spin Crescent kick

Drill Number	Techniques
4	Obverse Back fist Reverse punch Obverse Turning kick Obverse side kick Back kick – land kicking leg forward Pad holder – front kick with the right Downwards parry – Rear leg spin hook kick Rear leg Spin Crescent kick

Drill Number	Techniques
5	Pad holder – Downward strike, obverse arm Obverse rising block Reverse punch Pad holder – Straight punch, obverse arm Evade punch – bob and weave left to right (with right leg back) Obverse inward to outwards crescent kick Reverse push front kick Step over 360 jump turning kick Rear leg spin crescent kick

Drill Number	Techniques
6	Lead leg projection jumping axe kick Obverse punch Reverse punch Pad holder – Throw a left hook with pad while shuffling in Obverse outward to inward middle block Reverse punch Obverse ridge hand Rear leg jump spinning crescent kick

Drill Number	Techniques
7	Rear leg front snap kick Rear leg spin hook kick Pad holder – Downward strike, reverse arm Obverse knife hand rising block Reverse punch Pad holder – shuffle in with pads against stomach Fade away jump side kick (front leg draws back as if to counter stike) Step over 360 jump spin crescent kick landing the kicking leg at the back Rear leg jump front snap kick N.B. – all kicks in Drill 7 are performed with the same leg