



SOAR TANG SOO DO

(MR. ANDREW E. CALVERT, OWNER)



Partner Sparring Focus Drills

~~ courtesy of Mr. Kerry Berringer, Sah Dan (Region 4) ~~

Soar Tang Soo Do will use this drill as additional testing material for belt progression. This drill builds as you promote through the gups. The application of this drill is to logically connect combinations of techniques, learn to feed target points to a training partner, become acquainted with techniques coming at you, and to provide a gup level appropriate challenge.

Running the drill: Partner A attacks as Partner B feeds target points. When Partner A has completed the drill to the appropriate level, the roles are reversed. Partner A becomes B and Partner B becomes A. Continue to loop the drill until the instructor tells you to stop.

White Belt (testing for 8th Gup)

Partner A: Front punch
Back punch
Back leg Front Kick

Partner B: Front hand
Back hand
Stepping back Back hand

Orange Belt (testing for 7th Gup)

Partner A: Back leg roundhouse
Front punch
Back punch

Partner B: Stepping back Back hand
Front hand
Back hand

Green Belt (testing for 5th Gup)

Partner A: Back leg low/high roundhouse
Hopping front leg side kick
Front hand back fist

Partner B: Stepping back Back hand low and Front hand high (simultaneous)
Hopping back front hand
Back hand

Brown Belt (testing for 3rd Gup)

Partner A: 180 back kick
Back punch
Front punch
Back hook punch

Partner B: Stepping back Back hand
Front hand
Back hand

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Red Belt (testing for 1st Gup)

Partner A: 180 Hook Kick

Jumping front leg front kick

Front punch

Sliding side kick

Partner B: Stepping back Front hand

Hopping back Back hand

Sliding back Front hand

Blue Belt (testing for Cho Dan Bo)

Partner A: 180 Crescent kick

Tornado crescent kick (Back leg crescent followed by 360 crescent)

180 Hook kick

Partner B: Sliding back Front Hand

Sliding back Front Hand/Sliding back Front Hand

Sliding back Front Hand