

Junior Intermediate and Advanced

Combination: Inward Crescent Kick (place kicking leg in front – kick with the side of the foot)

Month 1:

Start: Left leg in front and hands up by cheeks (left guarding block)

Hop forward Left front punch / Right reverse punch / Left front leg crescent kick / Right back leg crescent kick / Step forward Left leg, Right back leg crescent kick

Month 2:

Start: Right leg in front and hands up by cheeks (right guarding block)

Hop forward right front punch / Left reverse punch / Right front leg crescent kick / Left back leg crescent kick / Step forward right leg, Left leg crescent kick

Self Defense: Side Headlock Escape

Month 1: Side Headlock Escape

1. Groin hit with one hand
2. Reach over and tilt head back
3. Takedown

Month 2: Headlock Escape - Takedown to armbar

Start in front headlock

Extend leg behind opponent, crouch as if to sit down beside opponent, grab wrist of arm around neck, fall back. Rotate body towards opponent, leg over, heel to stomach, other knee along back (side mount) grab own wrist and push against opponent's neck/jaw while sitting up to break the headlock. Hold opponent's arm that had the headlock to chest, sit, bring foot at opponent's back to front, fall back into armbar.

Sticks: 1-12 Followthrough

Month 1:

1. Reference right neck, HEAD, cut down, right leg in front, right heel off the ground
2. Reference tricep, HEAD, cut down, right leg in front, left heel off the ground
3. Reference right neck, MID, cut across, tip slightly higher than butt end, right leg in front, right heel off ground
4. Reference left tricep, MID, cut across, tip slightly higher than butt end, right leg in front, left heel off ground
5. Reference right neck, step in left foot, THRUST MID, right heel off ground
6. Reference right neck, stay – keep left foot in front, THRUST CHEST, right heel off ground

Month 2:

7. Step back and transfer weight, stick reference left tricep, THRUST CHEST, left heel off ground
8. Clear the stick, reference left tricep, KNEE, cut up, right leg in front, left heel off the ground
9. Reference right neck, KNEE – cut up, right leg in front, right heel off ground
10. Reference right neck, step in left leg, THRUST – EYE, right heel off ground
11. Step back and transfer weight, stick reference left tricep, THRUST – EYE, left heel off ground
12. Reference right neck, TOP OF HEAD, follow straight through, right heel off the ground

Grappling:

Month 1: Hip Escape 1

Start: start in Prayer Position, knees together, hands together

1. Partner starts in Cross Body
2. Sit up, enough to push partner down to stomach
3. Hands go to partner's hip
4. Bridge, turn to the side
5. 'Shrimp' – glue feet to floor and push bum out through partner's arms
6. Slide bottom leg across their waist / belt
7. Turn, straighten out and wrap both legs around waist
8. End in guard position

Month 2: Guillotine From Guard

Start: On back, with partner in closed guard

Drop legs from guard. Place hands on partner's hip, turn and 'shrimp out' (not fully, just enough to gain some space). Arm on the ground circles out to support as student sits up, other hand across opponent's back, palm down. Bring arm across back and up to neck, wrap around to choke position, wrist facing up. Supporting hand comes in to grab other wrist (gable grip) to maintain choke position. Fall back, legs go back into guard. Extend and twist your body, bringing opponent's head to floor, twist body in opposite direction.

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Form: Do-San

Meaning: DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Moves 24

Start in Parallel Ready Stance

Month 1:

1. Step out to the left, left outer forearm block, left walking stance
2. Stay in left walking stance, right reverse punch
3. Step a little, step a lot, right walking stance, right outer forearm block
4. Stay in right walking stance, left reverse punch
5. Move left foot in and out towards the front, left knife hand guarding block, right I-stance
6. Step forward, right walking stance, right vertical fingertip thrust
7. Pivot on right foot, move left foot turning counter clockwise, form left walking stance, left backfist
8. Step forward, right walking stance, right backfist
9. Move left foot turning counter clockwise, form left walking stance, left outer forearm block
10. Stay in left walking stance, right reverse punch
11. Step a little, step a lot, right walking stance, right outer forearm block
12. Stay in right walking stance, left reverse punch

Month 2:

13. Move left foot in and out 45 degrees, form left walking stance, wedging block
14. Right back leg front kick
15. Lower right foot, form a right walking stance, right mid section punch
16. Stay in right walking stance, left mid section punch
17. Move right foot in and out to the other side, 45 degrees, right walking stance, wedging block
18. Left back leg front kick
19. Lower left foot, form a left walking stance, left mid section punch
20. Stay in left walking stance, left mid section punch
21. Move left foot in and out, form left walking stance, left raising block
22. Step forward, right walking stance, right raising block
23. Pivot on right foot, turning counter clockwise, forming sitting stance, left outward knife hand strike
24. Foot to foot, sitting stance, right outward knife hand strike

END: Bring the right foot back to a ready posture.