

Teen/Adult Advanced

Combination: Back Kick

Month 1:

Start with left leg in front and hands up by chin (left guarding block)

Hop forward left front punch / right reverse punch / Step forward right foot, turning back to target/Bring left foot up into chamber, left back kick/
Right back kick

Month 2:

Start with right leg in front and hands up by chin (right guarding block)

Hop forward right front punch / left reverse punch / Step forward left foot, turning back to target/Bring right foot up into chamber, right back kick/ left
back kick

Self Defense:

Month 1: Front Bear Hug #1

Hands in - grab hips, push away (make space), pull hips close - knee to groin

Month 2: Front Bear Hug #2

Hands out - thumbs to the eyes

Grappling (Masters):

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.

Sticks:

Month 1: 6-Count Passing

	Partner A		Partner B
	Start: stick in right hand, under left arm, left hand extended in front	Attack	Strike #12
Defend	Catch hand, rotate stick clockwise,		
Attack	Strike #3	Defend	Stir the soup, left hand (under stick) extends to block hand
		Attack	Strike with the butt, flip up to hit head
Defend	Block at wrist, pull hand down, stick point down over shoulder to slide up opponents stick		
Attack	Strike # 12	Defend	Catch hand, rotate stick clockwise,
		Attack	Strike #3
Defend	Stir the soup, left hand (under stick) extends to block hand		
Attack	Strike with the butt, flip up to hit head	Defend	Block at wrist, pull hand down, stick point down over shoulder to slide up opponents stick
		Attack	Strike #12
	Repeat		

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Sticks: 1-12 Brush-Grab-Strike - Brush-Grab-Strike is done in response to attacks from 1-12 Control

Opponent – 1-12 Control	1-12 Brush-Grab-Strike
1) Reference to right neck, Strike to neck	Stick reference right neck, angle to the right – slide out right leg, Brush = make an 'x', grab, strike – control
2) Clear, reference to left tricep, Strike to neck	Stick reference left tricep, angle to left – stepping out left leg, Brush = make an 'x', grab, strike – control
3) Clear, reference to right neck, Strike to ribs	Stick reference right neck, angle to the right – slide out right leg, Brush, grab , strike – control
4) Clear, reference to left tricep, Strike to ribs	Stick reference left tricep, angle to left – stepping out left leg, Brush, grab , strike – control
5) Clear, reference to right neck, Poke to stomach	Stick reference right neck, angle to the right – slide out right leg, Brush = 'Stir the soup', grab , strike - control
6) Reference to right neck, Stick end to shoulder, aim for top left of opponents chest	Stick reference right neck, angle to the right – slide out right leg, Brush = 'Stir the soup tip up', grab, strike – control
7) Clear, reference to left tricep, Stick end to shoulder, aim for top right of opponents chest	Stick reference left tricep, angle to the left – stepping out left leg, Brush= 'Stir the soup tip up', grab, strike – control
8) Reference to left tricep, Strike to knees	Stick reference left tricep, angle to the left – stepping out left leg, Brush= Strike upwards, grab , strike – control
9) Clear, reference to right neck, Strike to knees	Stick reference right neck, angle to the right – slide out right leg, Brush= strike tip upwards, grab , strike – control
10) Reference to right neck, Strike to eyes	Stick reference right neck, angle to the right – slide out right leg, Brush= 'Stir the soup tip up', grab , strike – control
11) Clear, reference to left tricep, Strike to eyes	Stick reference left tricep, angle to the left – stepping out left leg, Brush= 'Stir the soup tip up', grab , strike – control
12) Clear, reference to neck, Strike to top of head	Stick reference right neck, angle to the right – slide out right leg, Brush= umbrella, grab , strike – control

Hwa-Rang

Meaning: is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea.

Moves: 29

Start in Ready stance 'C'

Month 1:

1. Move the left foot to form a sitting stance, left palm pushing block
2. Right mid section punch, maintain sitting stance
3. Left mid section punch, maintain sitting stance
4. Form left I-stance, right twin forearm block
5. Left upward punch, pull the right side fist in front of the left shoulder, maintain left I-stance
6. Right side punch, right fixed stance
7. Right downward knife hand strike, slide right foot into a left vertical stance
8. Move left foot, form a left walking stance, left mid section punch
9. Move left foot to the front, left walking stance, left low section block
10. Step forward, right walking stance, right mid section punch
11. Pull the left foot to the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow
12. Right side kick, lower right foot into left I-stance, right outward knife hand strike
13. Move left foot, left walking stance, left mid section punch
14. Step forward, right walking stance, right mid section punch

Month 2:

15. Pivot, form a right I-stance, left knife hand guarding block
16. Step forward, right walking stance, right vertical fingertip thrust
17. Step a little, step a lot, right I-stance, left knife hand guarding block
18. Right turning kick
19. Left turning kick, lower foot into a right I-stance, left knife hand guarding block
20. Move left foot, step out into a left walking stance, left low section block
21. Pull in the left foot to form a right I-stance, right 45 degree punch
22. Step forward into a left I-stance, left 45 degree punch
23. Step forward into a right I-stance, right 45 degree punch
24. Move left foot into a left walking stance, low section x-pressing block
25. Slide into a right I-stance, double elbow strike
26. Bring left foot to right foot, closed stance, right inner forearm block, left low section block
27. Maintain closed stance, left inner forearm block, right low section block
28. Step out into a right I-stance, left knife hand guarding block
29. Foot to foot other side, step out into a left I-stance, right knife hand guarding block

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