

Teen/Adult Beginners

Combination: Side 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 / Turn right heel/ Left leg side kick / Turn left heel/ Right leg side kick/ Step behind/ Right leg side kick

Side kick = turn heel, point bottom to target, knee to chest, extend leg, side kick with heel (toes down)

Month 2:

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

Hop forward right front punch / left reverse punch / Turn left heel/ Right leg side kick / Turn right heel/ Left leg side kick/ Step behind/ Left leg side kick

Side kick = turn heel, point bottom to target, knee to chest, extend leg, side kick with heel (toes down)

Self Defense:

Month1: Double Handed Push

Opponent: Reaches out with both hands as if to push student over.

Student: Grab attacker at elbows, step to Left or Right, pull elbows, and step past. Close arm comes up under opponents armpits, clothesline

Month 2: Double Handed Push #2

Opponent: Reaches out with both hands as if to push student over.

Student: Pac sao (brush arm with back of hand) Pass opponents arm with other hand, strike, strike

Grappling:

Month 1: Walk the Clock

Start in Side Control, move to cross-body

1. Grab shoulder, leg through to couch potato
2. Bring leg up over head, to 'South' position, sprawl out and back
3. Grab shoulder, leg through to couch potato other side
4. Leg over, to 'North' position, sprawl out and back
5. Leg through to couch potato, leg over body into mount

Month 2: Armbar from Mount

Start: Student begins in the mount.

Student rolls opponent to the side, heel to abdomen, knee to back to secure position and lowers body to use weight to pin opponent. Student places hand on floor at opponents chin, forcing head up, other arm secures opponents upper arm. Extend opponents arm upwards and regain upward posture. Sit weight on opponent, swing back leg forward over opponents head. Student should be seated as close as possible with left leg across partners face and right leg across the partners body. Student holds partners right arm to chest and slowly lies to the ground. If needed lift up hips until partner taps. Partners right thumb should be facing up.

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Sticks: 1-12 Control

Start: Stick in right hand, referenced to right side of neck, right foot forward, left foot off ground

Month 1:

1. **Strike to neck**, hold 2 sec, reference to right side of neck
Clear – Stick end up, bring arm to front, reference to left bicep
2. **Strike to neck**, hold 2 sec, reference to left tricep
Clear - Stick end up, bring arm to front, reference to right side of neck
3. **Strike to ribs**, hold 2 sec, reference to right side of neck
Clear – Stick end up, bring arm to front, reference to left tricep
4. **Strike to ribs**, hold 2 sec, reference to left tricep
Clear - Stick end up, bring arm to front, reference to right side of neck
5. Stick end down, **bring end up to stomach level**, reference to neck
6. Stick end to **opponent shoulder**, **aim for top left of opponents chest**, reference to neck

Month 2:

Start: referenced to neck, end of step #6

Clear – Stick end up, bring arm to front, reference to left tricep

7. Stick end to **opponent shoulder**, **aim for top right of opponents chest**, reference to left tricep
8. **Strike to knees**, hold 2 sec, reference to left tricep
Clear - Stick end up, bring arm to front, reference to right side of neck
9. **Strike to knees**, crouch and bring stick forward to strike knees, reference to neck
10. **Strike to eyes**, hold 2 sec, reference to neck
Clear – Stick end up, bring arm to front, reference to left tricep
11. **Strike to eyes**, hold 2 sec, reference to left tricep
Clear - Stick end up, bring arm to front, reference to right side of neck
12. **Strike to top of head**, hold 2 sec

END

Chon-ji

Meaning: Literally means " the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; representing Heaven and Earth.

Moves:19

Start in Parallel Ready Stance

Month 1:

1. Move the left foot to the left, forming a left walking stance, left low section block
2. Step forward, right mid section punch, right walking stance
3. Move right foot turning clockwise, form right walking stance, right low section block
4. Step forward, left mid section punch, left walking stance
5. Move the left foot to the front forming left walking stance, left low section block
6. Step forward, right mid section punch, right walking stance
7. Move right foot turning clockwise, form right walking stance, right low section block
8. Step forward, left mid section punch, left walking stance
9. Move left foot in and out to the side, forming a right I-stance, left inner forearm block
10. Step forward right mid section punch, right walking stance
11. Move right foot turning clockwise, form a left I-stance, right inner forearm block

Month 2:

12. Step forward left mid section punch, left walking stance
13. Move left foot in and out to form right I-stance, left inner forearm block
14. Step forward right mid section punch, right walking stance
15. Move right foot turning clockwise, form left I-stance, right inner forearm block
16. Step forward left mid section punch, left walking stance
17. Step forward right walking stance, right mid section punch
18. Step backwards forming left walking stance, left mid section punch
19. Step backwards forming right walking stance, right mid section punch

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