

# Teen/Adult Intermediates

## 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:

### 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

## Sticks: Basic Blocking 1-6

### Month 1: Basic Blocking 1-3

#### Leader

Strike HIGH follow through  
Strike HIGH follow through  
Strike MID follow through

#### Blocker

Block HIGH on left side  
Block HIGH on right side  
Block MID on left side

### Month 2: Basic Blocking 4-6

#### Leader

Strike MID follow through  
Strike LOW follow through  
Strike LOW follow through

#### Blocker

Block MID on right side  
Block LOW on left side  
Block LOW on right side

## 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.

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## Won-Yo

**Meaning:** Was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

**Moves** 28

### *Start in Ready Stance A*

#### **Month 1:**

1. Move left foot, form right L-stance, left twin forearm block
2. Right inward knife hand strike, stay in right I-stance
3. Left side punch (from chest), form a left fixed stance
4. Foot to foot other side, left I-stance, right twin forearm block
5. Left inward knife hand strike, stay in left I-stance
6. Right side punch (from chest), form a a right fixed stance
7. Bring right foot to left foot, right bending knee stance, guarding block
8. Left side kick
9. Lower left foot to form right I-stance, left knife hand guarding block
10. Step forward, left I-stance, right knife hand guarding block
11. Step forward, right I-stance, left knife hand guarding block
12. Step forward, right walking stance, right vertical fingertip thrust
13. Pivot; move left foot turning counter clockwise, form right I-stance, left twin forearm block
14. Right inward knife hand strike, stay in right I-stance
15. Left side punch (from chest), form a left fixed stance

#### **Month 2:**

16. Foot to foot, other side, left I-stance, right twin forearm block
17. Left inward knife hand strike, stay in left I-stance
18. Right side punch (from chest), form a right fixed stance
19. Bring right foot to left foot, step out left foot, left walking stance, right circle block
20. Right back leg front kick
21. Lower right foot, form right walking stance, left reverse punch
22. Left circle block, stay in right walking stance
23. Left back leg front kick
24. Lower left foot, form a left walking stance, right reverse punch
25. Bring right foot up, forming a left bending knee stance
26. Right side kick and land in line with left foot
27. Move the left foot, turning counter clockwise, form a right I-stance, left guarding block
28. Foot to foot, other side, left I-stance, right guarding block

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