

Junior Intermediate and 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:

3-Step Sparring #1	
Leader	Blocker
Cross by right ear, Step back right leg, left low section block, state which routine, signal,	Parallel ready stance, Signal that you are ready
Step forward, right mid section punch, right walking stance, right foot to outside of opponents left foot	Step back right leg, left outer forearm block, left walking stance
Step forward, left mid section punch, left walking stance, left foot to inside of opponents right foot	Step back, right outer forearm block, right walking stance
Step forward, right mid section punch, right walking stance, right foot to outside of opponents left foot	Step back, left outer forearm block, left walking stance
Counter	Step out right foot, sitting stance, right punch / left punch

Month 2:

3-Step Sparring #2	
Leader	Blocker
Cross by right ear, Step back right leg, left low section block, state which routine, signal,	Parallel ready stance, Signal that you are ready
Step forward, right mid section punch, right walking stance, right foot to outside of opponents left foot	Step back right leg, left inner forearm block, left walking stance
Step forward, left mid section punch, left walking stance, left foot to inside of opponents right foot	Step back, right inner forearm block, right walking stance
Step forward, right mid section punch, right walking stance, right foot to outside of opponents left foot	Step back, left inner forearm block, left walking stance
Counter	Step out right foot, sitting stance, right punch / left punch

Sticks:

Single Stick Sinawali - Right

Start with stick in right hand, referenced to right side of neck, right foot forward

1. Bring stick out in front, point up, swing down across body of opponent, from left neck (High) to right hip (Low)
2. Reference to left tricep
3. Bring stick with point low, to opponents' knees, and reference to left tricep (Recoil)
4. Bring stick out in front, point up, swing down across body of opponent, from right neck (High) to left hip (Low)
5. Reference to neck
6. Bring stick with point low, to opponents' knees, and reference to neck (Recoil)
7. Repeat

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Single Stick Sinawali - Left

Start with stick in left hand, referenced to left side of neck, left foot forward

1. Bring stick out in front, point up, swing down across body of opponent, from right neck (High) to left hip (Low)
2. Reference to right tricep
3. Bring stick with point low, to opponents' knees, and reference to right tricep (Recoil)
4. Bring stick out in front, point up, swing down across body of opponent, from left neck (High) to right hip (Low)
5. Reference to neck
6. Bring stick with point low, to opponents' knees, and reference to neck (Recoil)
7. Repeat

Won-Yo

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

Moves 28

Start: 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 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.