

# Little Champions Black Belt Club AND Junior Beginners

## Combination: Front 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 / left stationary front kick / right back leg front kick / right foot to foot front 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 / right stationary front kick / left back leg front kick / left foot to foot front kick

## Self Defense:

### Month 1: Turtleshell

Drop bottom to the ground, roll on back hands up and feet up. Keep head from touching the ground

### Month 2: Make Space and Race

Turn on Side, Arm up for defense, Kick with bottom leg, Escape

## Sticks:

### 1-12 Follow-Through

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

#### 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

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## 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:** *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.