

Teen/Adults - All

Combination: Hook 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 leg hook kick / Right leg hook kick / Step / Right leg hook 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 leg hook kick / Left leg hook kick / Step / Left leg hook kick

Self Defense:

Month 1: 2-Step Sparring #5

Leader	Blocker
Signal – step back into left guarding block, right I-stance	Signal – from ready stance
Right back leg turning kick	Step backward, Left knife hand guarding block
Step Forward, Left outward knife hand strike	Step backward, Right inward outer forearm block
	Counter: Slide in / L elbow / L elbow

Month 1: 2-Step Sparring #6

Leader	Blocker
Signal – step back into left guarding block, right I-stance	Signal – from ready stance
Right obverse punch, right walking stance	Left scooping block, right rear foot stance
Left back leg front kick	Left low section x-pressing block
	Counter: Cup the head with the left hand, right upset, right elbow

Sticks:

Month 1: Releases #5,6

Release 5: Angle off to the right, stir the soup, hit down with butt end, circle around, release

Release 6: Angle off to the right, check the stick, tip pointing up, circle around, release

Month 2: Releases 7,8

Release 7: Raising block, check the stick, punch up

Release 8: Angle out to the left, x-check the stick, circle around

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Tae Gye

Meaning: Named after the noted scholar Yi Hwang (16th Century AD) who was an authority on neo-Confucianism. The 37 movements refer to his birthplace on the 37 degree latitude. The diagram (+) represents scholar.

Moves 37

Start: Ready Stance 'B'

Month 1:

1. Step out with left foot, right I-stance, left inner forearm block
2. Step out into a left walking stance, right upset fingertip thrust
3. Bring the left foot to the right foot to form a closed stance, right back fist, left low section block SLOW MOTION
4. Move right foot into a left I-stance, right inner forearm block
5. Step out into a right walking stance, left upset fingertip thrust
6. Bring the right foot to the left foot to form a closed stance, left back fist, right low section block, SLOW MOTION
7. Move left foot, form a left walking stance, low section x-pressing block
8. Maintain left walking stance, twin vertical punch
9. Right front kick
10. Lower right foot into right walking stance, right mid section punch
11. Maintain right walking stance, left mid section punch
12. Bring left foot to right foot, form a closed stance, twin elbow thrust SLOW MOTION
13. Move right foot into a sitting stance, w-shaped block
14. Move left foot into sitting stance, w-shaped block
15. Move left foot into sitting stance, w-shaped block
16. Move right foot into sitting stance, w-shaped block
17. Move left foot into sitting stance, w-shaped block
18. Move left foot into sitting stance, w-shaped block
19. Bring right foot to left foot, step out left foot, right I-stance, low section double forearm block

Month 2:

20. Slip out left foot, left walking stance, grab both hands around the head
21. Right knee
22. Lower the right foot to left foot, move left foot into right I-stance, left knife hand guarding block
23. Left front kick
24. Left flat fingertip thrust, left walking stance
25. Step forward into a left I-stance, right knife hand guarding block
26. Right front kick
27. Right flat fingertip thrust, right walking stance
28. Slide the right leg back into a right I-stance, right backfist, left low section block
29. Jump into a right x-stance, low section x-pressing block
30. Step out into a right walking stance, right double forearm block
31. Pivot, move the left foot and form a right I-stance, left low section knife hand guarding block
32. Move left foot into a left walking stance, right circle block
33. Left foot to right foot, form a left I-stance, right low section knife hand guarding block
34. Move right foot into a right walking stance, left circle block
35. Pivot on both feet, right circle block, left walking stance
36. Pivot on both feet, left circle block, right walking stance
37. Aim with left hand, move right foot into sitting stance, right mid section punch

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