

Junior Intermediate and Advanced

Combination: Axe 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 / Switch legs, to right leg forward / Left leg axe kick / Right leg axe kick / Step / Right leg axe 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 / Switch legs, to left leg forward / Right leg axe kick / Left leg axe kick / Step / Left leg axe kick

Self Defense:

Month 1:

3-Step Sparring #3	
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
Right back leg front kick, land in right walking stance, Right foot to outside of opponent's left foot	Step back, left low section block, left walking stance
Left back leg front kick, land in left walking stance, left foot to inside of opponent's right foot	Step back, right low section block, right walking stance
Right back leg front kick, land in right walking stance, right foot to outside of opponents left foot	Step back, left low section block, left walking stance
Counter	Transfer weight to right leg, left front kick, left punch, right punch

Month 2:

3-Step Sparring #4	
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 high section punch, right walking stance, Right foot to outside of opponent's left foot	Step back, left raising block, left walking stance
Step forward, left high section punch, left walking stance, left foot to inside of opponent's right foot	Step back, right raising block, right walking stance
Step forward, right high section punch, right walking stance, right foot to outside of opponents left foot	Step back, left raising block, left walking stance
Counter	Counter Left front kick / right turning kick

Nunchucks:

Month 1:

Fold (R) Sitting stance, Bounce off thigh x 5, Double circle up, Catch behind shoulder, Repeat (L) Side

Month 2:

Start at end of month 1, Pass between legs x 3, Bounce off thigh, Double circle up, Catch in front, Repeat (R) Side

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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.