

Teen/Adults - All

Combination: Jumping 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 jumping front kick / right jumping front kick / left knee up / right jumping 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 jumping front kick / left jumping front kick / right knee up / left jumping front kick

Self Defense: Side Headlock Escape

Start in Side Headlock

Month 1:

1. Shrug to avoid
2. Turn chin into body
3. Push

Month 2:

1. Groin hit with one hand
2. Reach over and tilt head back
3. Takedown

Sticks:

Month 1: Releases 9,10

Release 9: angle out with the right foot, right reverse knife hand to the stick hand

Release 10: angle out with the right foot, check stick – tip up, circle in and cup the hand, pull down, release

Month 2: Releases 11,12

Release 11: angle to the left, block tip up, step and push stick

Release 12: angle to the right, umbrella, hit the hand

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Hwa-Rang

Meaning: is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea.

Moves: 29

Start: *Ready stance 'C'*

Month 1:

1. Move the left foot to form a sitting stance, left palm pushing block
2. Right mid section punch, maintain sitting stance
3. Left mid section punch, maintain sitting stance
4. Form left I-stance, right twin forearm block
5. Left upward punch, pull the right side fist in front of the left shoulder, maintain left I-stance
6. Right side punch, right fixed stance
7. Right downward knife hand strike, slide right foot into a left vertical stance
8. Move left foot, form a left walking stance, left mid section punch
9. Move left foot to the front, left walking stance, left low section block
10. Step forward, right walking stance, right mid section punch
11. Pull the left foot to the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow
12. Right side kick, lower right foot into left I-stance, right outward knife hand strike
13. Move left foot, left walking stance, left mid section punch
14. Step forward, right walking stance, right mid section punch

Month 2:

15. Pivot, form a right I-stance, left knife hand guarding block
16. Step forward, right walking stance, right vertical fingertip thrust
17. Step a little, step a lot, right I-stance, left knife hand guarding block
18. Right turning kick
19. Left turning kick, lower foot into a right I-stance, left knife hand guarding block
20. Move left foot, step out into a left walking stance, left low section block
21. Pull in the left foot to form a right I-stance, right 45 degree punch
22. Step forward into a left I-stance, left 45 degree punch
23. Step forward into a right I-stance, right 45 degree punch
24. Move left foot into a left walking stance, low section x-pressing block
25. Slide into a right I-stance, double elbow strike
26. Bring left foot to right foot, closed stance, right inner forearm block, left low section block
27. Maintain closed stance, left inner forearm block, right low section block
28. Step out into a right I-stance, left knife hand guarding block
29. Foot to foot other side, step out into a left I-stance, right knife hand guarding block

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