

Junior Intermediate and Advanced

Combination: Jumping Side 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 / Turn right heel/ Jumping side kick (L)/ Pivot/ Jumping Side Kick (R)/ Foot to Foot/ Jumping Side Kick (R)

Month 2: Start with right leg in front and hands up by chin (right guarding block)

Hop forward right front punch / left reverse punch / Turn left heel/ Jumping side kick (R) / Pivot/ Jumping Side Kick (L)/ Foot to Foot/ Jumping Side Kick (L)

Self Defense:

Month 1:

3-Step Sparring #5	
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	Step back, left knife hand block, left walking stance
Step forward, left mid section punch, left walking stance	Step back, right knife hand block, right walking stance
Step forward, right mid section punch, right walking stance	Step back, left knife hand block, left walking stance
	Counter: Step out right foot, sitting stance, right inward knife, slide together, right outward knife hand strike

Month 2:

3-Step Sparring #6	
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, left I-stance	Step back, left inner forearm block, right I-stance
Step forward, left mid section punch, right I-stance	Step back, right inner forearm block, left I-stance
Step forward, right mid section punch, left I-stance	Step back, left inner forearm block, right I-stance
	Counter Slide in, right elbow, right back fist, left punch, right punch

Sticks:

Month 1:

Release 1: Moving right foot, angle to the right, brush the stick, check the hand, slide the hand down, turn the stick and strike the hand

Release 2: Step out left foot, angle to the left, check the stick and the hand at the same time, circle around the wrist, reverse wrist lock, strike to the top of the elbow with your stick

Month 2:

Release 3: Angle to the right, check the stick and hand same time, snake around, either knife hand at wrist or palm out at wrist, pull the stick out and strike

Release 4: Angle to the left and step with the left foot, check stick and hand at the same time, rotate hand – fingers pointing down, thumb lock

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Form: Yul-Gok

Meaning: is named after the philosopher and scholar Yi I, nicknamed the “Confucious of Korea” The 38 movements in the pattern represent his birthplace on the 38 degree latitude. The Diagram () represents scholar.

Moves 38

Start in Parallel Ready Stance

Month 1:

1. Move the left foot, aim with left hand
2. Right mid section punch
3. Left mid section punch Perform 2 and 3 in a fast motion.
4. Bring the left foot to the right foot and then move the right foot to a sitting stance, extend right fist
5. Left mid section punch
6. Right mid section punch Perform 5 and 6 in a fast motion
7. Move right foot, form right walking stance, right inner forearm block
8. Left back leg front kick, lower leg in front
9. Left mid section punch, left walking stance
10. Right mid section punch, left walking stance Perform 9 and 10 in a fast motion
11. Slide left leg in and back out, left walking stance, left inner forearm block
12. Right back leg front kick, lower the leg in front
13. Right mid section punch, right walking stance
14. Left mid section punch, right walking stance Perform 13 and 14 in a fast motion
15. Right hooking block, right walking stance
16. Left hooking block, maintain right walking stance
17. Right mid section punch Moves 16 and 17 are done in a connecting motion
18. Left hooking block, left walking stance
19. Right hooking block, maintain left walking stance
20. Left mid section punch Moves 19 and 20 are done in a connecting motion

Month 2:

21. Right mid section punch, right walking stance
 22. Lift left leg into a right bending knee stance
 23. Left side kick
 24. Left walking stance, right front elbow strike
 25. Lift the right leg, left bending knee stance
 26. Right side kick
 27. Right walking stance, left front elbow strike
 28. Twin knife hand block, form a right I-stance
 29. Step forward into right walking stance, right finger tip thrust
 30. Move right foot in and out to the other side, form a left I-stance, twin knife hand block
 31. Step forward into left walking stance, left finger tip thrust
 32. Move left foot in and out into a left walking stance, left outer forearm block
 33. Right mid section punch, maintain left walking stance
 34. Step forward, right walking stance, right outer forearm block
 35. Left mid section punch, maintain right walking stance
 36. Jumping back fist into a left x-stance
 37. Pivot, right walking stance, right double forearm block
 38. Foot to foot, step out into a left walking stance, left double forearm block
- END:** Bring the left foot back to a ready posture.