

Teen/Adults (All)

Combination: Double 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/ double side kick (L) / Pivot/ Double Side Kick (R)/ Foot to Foot/ Double Side Kick (R)

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

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

Self Defense:

Month 1:

2-Step Sparring #7	
Leader	Blocker
Signal – step back into left guarding block, right I-stance	Signal – from ready stance
Right back leg turning kick Left double forearm block, left w-stance	Left flat fingertip thrust Right hooking block, right w-stance
	Counter: Right checking kick to knee, right mid side kick, right hook kick

Month 2:

2-Step Sparring #8	
Leader	Blocker
Signal – step back into left guarding block, right I-stance	Signal – from ready stance
Right back fist, left I-stance Left inward outer forearm block, right I-stance	Left back leg turning kick Right knife hand guarding block, I-stance
	Counter: Grab shoulders, knee, punch

Sticks:

1-12 Recoil

Start: In ready position - stick is on right side of neck, left heel off the ground

Month 1: 1-6 Recoil

Strike 1: Head touch and pull back, keep right leg in front,

Strike 2: Head touch and pull back, keep right leg in front

Strike 3: Body (between shoulder and belt) touch and pull back, keep right leg in front,

Strike 4: Body (between shoulder and belt) touch and pull back, keep right leg in front

Strike 5: Thrust step in left foot, thrust and pull stick back

Strike 6: Chest keep left leg in front, strike to chest and pull back

Month 2: 7-12 Recoil

Strike 7: Chest step back with left foot, strike to chest and pull back

Strike 8: Knee strike straight down to the knee and pull back

Strike 9: Knee strike straight down to the knee and pull stick back

Strike 10: Eye step in left leg, strike to the eye and pull back

Strike 11: Eye step back left leg, strike to the eye and pull back

Strike 12: Head strike to the top of the head, pull stick back

Teen/Adults (All)

Form: Choo-Moo

Meaning: named after the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship which was the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the King.

Moves 30

Start: *Ready position 'B'*

Month 1:

1. Move the left foot, form right L-stance, twin knife-hand block. 2. Move the right foot to form right walking stance, right inward knife hand strike / left knife hand over head
3. Move right foot, turn clockwise and form a left I-stance, right knife hand guarding block
4. Move left foot, form a left walking stance, left flat fingertip thrust
5. Move left foot for form right I-stance, left knife hand guarding block
6. Left bending knee stance
7. Right side kick
8. Lower right foot to form right I-stance, left knife hand guarding block
9. Right jumping side kick, land forming a left I-stance, right knife hand guarding block
10. Move left foot counter clockwise to form right I-stance, left low section block
11. Move the left foot into left waking stance, grab the head
12. Right knee
13. Lower right foot to left foot, turn to form left walking stance, right reverse knife hand strike

Month 2:

14. Right turning kick
15. Left back kick
16. Lower left foot to form a left I-stance, right guarding block
17. Left turning kick
18. Lower the left foot to right foot, move right foot into a right fixed stance, U-shaped block
19. Jump and spin counter clockwise, landing on same spot to form a left I-stance, right knife hand guarding block
20. Move left foot to form left walking stance, right upset fingertip thrust
21. Right back fist / left low section block, right I-stance
22. Move right foot to form a right walking stance, right fingertip thrust
23. Move left foot, turning counter clockwise, form a left walking stance, left double forearm block
24. Move right foot, sitting stance, right inner forearm block / right back fist
25. Right side kick
26. Left side kick
27. Lower left foot into left I-stance, upward x-knife hand block
28. Move left foot to form a left walking stance, double upward checking block
29. Step a little, step a lot, right raising block, right walking stance
30. Left mid section punch, maintain right walking stance

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