

Junior Intermediate and Advanced

Combination: Tornado 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 / Step forward right foot, left knee up, spin in to right leg tornado kick, spin same direction, left knee up, right tornado 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 / Step forward left foot, right knee up, spin in to left leg tornado kick, spin same direction, right knee up, left tornado kick

Self Defense:

Month 1: Figure 4 From Mount (paintbrush)

Student begins mounted on the partners. Partner is in prayer position. Student uses his right palm to push down on partners right wrist. Student then applies his weight through his right arm to hold partners wrist motionless on ground. student drops right elbow to the ground next to partners right ear. Partner then weaves left hand under partners bent right elbow. student uses his left hand palm down to grip his own right wrist. Student then slowly slides partners knuckles on the ground towards his feet while slowly raising the partners right elbow until partner taps.

Month 2: Armbar from Guard

Start on back with partner in closed guard

Student cups his left hand behind the right elbow and uses his right hand to hold the partners wrist. Student uncrosses the feet. With his left foot on the partners right hip, the student pushes to the right and uses his right leg to grip down squarely across the partners shoulders. Student then swings his left leg over the partners head and carefully lifts his hips and straightens his body to extend the partners right arm until the partner taps

Sticks: Stick Releases

Month 1:

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:

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

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

Dan-Gun

Meaning: Named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

Moves: 21

Start: Parallel Ready Stance

Month 1:

1. Step out to the left, right I-stance, left knife hand guarding block
2. Step forward, right high section punch, right walking stance
3. Move right foot turning clockwise, form left I-stance, right knife hand guarding block
4. Step forward, left high section punch, left walking stance
5. Move left foot to front, left walking stance, left low section block
6. Step forward, right high section punch, right walking stance
7. Step forward, left high section punch, left walking stance
8. Step forward, right high section punch, right walking stance
9. Pivot, turning counter clockwise, form a right I-stance, left twin forearm block
10. Step forward, right walking stance, right high section punch

Month 2:

11. Move right foot, turning clockwise, for a left I-stance, right twin forearm block
12. Step forward, left walking stance, left high section punch
13. Move left foot, form a left walking stance, left low section block
14. Stay in left walking stance, left raising block
15. Step forward, right walking stance, right raising block
16. Step forward, left walking stance, left raising block
17. Step forward, right walking stance, right raising block
18. Pivot, move left foot turning counter clockwise, form right I-stance, left outward knife hand strike
19. Step forward, right high section punch, right walking stance
20. Move right foot, turning clockwise, form a left I-stance, right outward knife hand strike
21. Step forward, left high section punch, left walking stance

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