

Little Champions Black Belt Club AND Junior Beginners

Combination: Front Leg 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/ front leg side kick / Pivot/ Back Leg Side Kick/ Foot to Foot/ Back Leg Side 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 / Turn left heel/ front leg side kick / Pivot/ Back Leg Side Kick/ Foot to Foot/ Back Leg Side Kick

Self Defense: Escape the Guard, Escape the Mount

Month 1:

Escape the Guard (Pass the Guard)

Begin in closed guard. Hold partner's lapel high on the chest, one hand holding further down near partners stomach. Student moves one knee behind partner and lifts it up. Drive hips backward using the palm to push on partners knee, forcing the partner to uncross the feet. Draw arm through partner's leg. Student places left shoulder behind knee and grabs partner's lapel. Student drives weight forward forcing the partner into a ball with the partner's knee pressed down against their face. Student holds pressure down while circle, straight body and let partners leg fall and finish in side mount

Month 2:

Escape the Mount (Bridge Escape)

Start: *Student on bottom in prayer position, partner in mount.*

Student lifts hips up pushing the partner forward. Partner puts out hands to post. Student wraps one arm around the partners elbow and with hands joined pulls partners arm to chest. Student bends leg and places foot on the outside of partners foot. Student lifts hips as high as possible and roll to one side. Student lands in the guard and places both hands on partners biceps to control the position and stabilize himself.

Nunchucks

Month 1: Start with nunchucks out in front

Fold Right, forward figure 8 x 5. Seatbelt left to right, up to shoulder, catch under armpit. Repeat left side.

Hold out in front, reverse figure 8 x 5 with R hand, helicopter x 3, seatbelt left to right, up to shoulder, catch under armpit. Repeat left side.

Month 2:

Fold right, step forward into R walking stance, forward figure 8 x 5, thigh bounce x 5. Step back Right foot into L walking stance, reverse figure 8 x 5. Step forward into sitting stance, helicopter x 3 seatbelt left to right, up to shoulder, catch under armpit. Repeat Left side. Bring to front, finish and Bow "Yes I Can"

Form: Chon-Ji

Meaning: Literally means " the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; representing Heaven and Earth.

Moves: 19

Start: *Parallel Ready Stance*

Month 1:

1. Move the left foot to the left, forming a left walking stance, left low section block
2. Step forward, right mid section punch, right walking stance
3. Move right foot turning clockwise, form right walking stance, right low section block
4. Step forward, left mid section punch, left walking stance
5. Move the left foot to the front forming left walking stance, left low section block
6. Step forward, right mid section punch, right walking stance
7. Move right foot turning clockwise, form right walking stance, right low section block
8. Step forward, left mid section punch, left walking stance

Month 2:

9. Move left foot in and out to the side, forming a right I-stance, left inner forearm block
10. Step forward right mid section punch, right walking stance
11. Move right foot turning clockwise, form a left I-stance, right inner forearm block
12. Step forward left mid section punch, left walking stance
13. Move left foot in and out to form right I-stance, left inner forearm block
14. Step forward right mid section punch, right walking stance
15. Move right foot turning clockwise, form left I-stance, right inner forearm block
16. Step forward left mid section punch, left walking stance
17. Step forward right walking stance, right mid section punch
18. Step backwards forming left walking stance, left mid section punch
19. Step backwards forming right walking stance, right mid section punch

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