

Teen/Adults (All)

Combination: Spinning Reverse Turning 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 / turn back to target / left leg reverse turning kick / right leg reverse turning 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 / turn back to target / right leg reverse turning kick / left leg reverse turning kick

Self Defense:

Month 1: 2-Step Sparring #3

Leader	Blocker
Signal – step back into left guarding block, right I-stance	Signal – from ready stance
Right obverse punch	Left double forearm block
Back leg front kick	Double block – right low / left grab
	Counter Step foot to foot / scoop with left leg to take down / double punch

Month 2: 2-Step Sparring #4

Leader	Blocker
Signal – step back into left guarding block, right I-stance	Signal – from ready stance
Back leg front kick	Left low section block
Left obverse punch	Step back, right crescent kick
	Counter 3 left turning kicks – low, mid, high

Jhoon-Gun

Meaning: Is named after the patriot An Jhoon Gun who assassinated Hiro Bumi Ito, the first Japanese Governor General of Korea, known as the man who played the leading part in the Korea-Japan Merger. There are 32 movements in this form to represent Mr An's age when he was executed in Lui Shung prison in 1910.

Moves 32

Start: Ready Stance 'B'

Month 1:

1. Left reverse knife hand block, right I-stance
- 2 & 3 Left front kick and step into a left rear foot stance, right scooping block
4. Turn to the other side, right reverse knife hand block, left I-stance
- 5 & 6 Right front kick and step into a right rear foot stance, left scooping block
7. Move left foot into a right I-stance facing the front, left knife hand guarding block
8. Shift left into a left walking stance, right upward elbow strike
9. Move right foot forward into a left I-stance, right knife hand guarding block
10. Shift right foot into a right walking stance, left upward elbow strike
11. Step forward, left walking stance, twin vertical punch
12. Step forward, right walking stance, twin upset punch
13. Step a little, step a lot, left walking stance, high section x-pressing block

Month 2:

14. Move left foot into a right I-stance, left backfist
15. Twist the backfist in a wrist release motion, slipping the left foot into a left walking stance
16. Right high section punch, maintain left walking stance
17. Foot to foot – other side, form a left I-stance, right backfist
18. Twist the backfist in a wrist release motion, slipping the right foot into a right walking stance
19. Left high section punch, maintain right walking stance
20. Move left foot to right foot, step out left foot, left walking stance, left double forearm block
21. Pull left foot back into a right I-stance, left side punch
22. Right side kick
23. Right walking stance, right double forearm block
24. Pull right foot back into a left I-stance, right side punch
25. Left side kick
26. Left guarding block, right I-stance
27. Slide left foot out into a left walking stance, palm pressing block
28. Step forward, left I-stance, right guarding block
29. Slide right foot out into a right walking stance, palm pressing block
30. Move left foot in, right circular punch - slow motion
31. U-shaped block, right fixed stance
32. Foot to foot other side, U-shaped block, left fixed stance

End: Move left foot to right foot, closed ready stance

Teen/Adults (All)

Sticks:

Month 1: 6-Count

Opponent		Student	
Attack	#12 – step forward, hand by chin	Defense	Umbrella – Check the hand, reference to neck
		Attack	#3 – Hand by chin, attack is struck to right by opponent
Defense	Strike down, across , hand by chin, hand forward to check the hand		
Attack	#8 – hand by chin, tuck hand under to return to umbrella	Defense	Bow/palm up – Step back (stick side) palm up to check the hand, reference to neck
		Attack	#12 – step forward, hand by chin
Defense	Umbrella		
Attack	#3 – Hand by chin, attack is struck to right by opponent	Defense	Strike down, across , hand by chin, hand forward to check the hand
		Attack	#8 – hand by chin, tuck hand under to return to umbrella
Defense	Bow/palm up – Step back (stick side) palm up to check the hand, reference to neck		
Attack	#12 – step forward, hand by chin	Defense	Umbrella – Check the hand, reference to neck

Month 2: 8-Count

Opponent		Student	
Attack	#12 – step forward, hand by chin	Defense	Umbrella – Check the hand, reference to neck
		Attack	#3 – Hand by chin, attack is struck to right by opponent
Defense	Strike down, across , hand by chin, hand forward to check the hand		
Attack	#8 – hand by chin	Defense	Bow/palm up – Step back (stick side) palm up to check the hand, reference to neck
		Attack	#5 -Step forward, Jab to midsection
Defence	Hand deflects stick to side, ' Stir the soup ' to guide stick off to side, then reference to bicep		
Attack	Butt of stick to face , flip tip of stick forward to head, follow through to umbrella	Defense	Hand forward to check, grab wrist to turn opponent stick back, own stick to shoulder butt up to deflect
		Attack	#12 – hand by chin
Defense	Umbrella - Check the hand, reference to neck		
Attack	#3 – Hand by chin, attack is struck to right by opponent	Defense	Strike down, across , hand by chin, hand forward to check the hand
		Attack	#8 – hand by chin
Defense	Bow/palm up – Step back (stick side) palm up to check the hand, reference to neck		
Attack	#5 -Step forward, Jab to midsection	Defence	Hand deflects stick to side, ' Stir the soup ' to guide stick off to side, then reference to bicep
		Attack	Butt of stick to face , flip tip of stick forward to head, follow through to umbrella
Defense	Hand forward to check, grab wrist to turn opponent stick back, own stick to shoulder butt up to deflect		
Attack	#12 –hand by chin	Defense	Umbrella – Check the hand, reference to neck