

Little Champions Black Belt Club AND Junior Beginners

Combination: Turning Kick (Front Leg)

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 back heel / Front (L) leg turning kick / Right leg turning kick/foot to foot, Right leg 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 / Turn back heel / Front (R) leg turning kick / Left leg turning kick/foot to foot, Left leg turning kick

Self Defense: To be decided

Form: Dan-Gun (First Half)

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

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

Sticks: 1-12 Follow-Through (Steps 1-6 this cycle)

Start: Stick in right hand, referenced to right side of neck, right foot forward, left foot off ground

1. Reference right neck, HEAD, cut down, right leg in front, right heel off the ground
2. Reference tricep, HEAD, cut down, right leg in front, left heel off the ground
3. Reference right neck, MID, cut across, tip slightly higher than butt end, right leg in front, right heel off ground
4. Reference left tricep, MID, cut across, tip slightly higher than butt end, right leg in front, left heel off ground
5. Reference right neck, step in left foot, THRUST MID, right heel off ground
6. Reference right neck, stay – keep left foot in front, THRUST CHEST, right heel off ground

Nunchucks: (not part of testing this cycle)

Reverse figure 8's and Helicopters