

Teen/Adults (All)

Combination: Front 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 / left stationary front kick / right back leg front kick / right foot to foot front 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 / right stationary front kick / left back leg front kick / left foot to foot front kick

Self Defense: To be Decided

1-12 Control

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

1. **Strike to neck**, hold 2 sec, reference to right side of neck
Clear – Stick end up, bring arm to front, reference to left bicep
 2. **Strike to neck**, hold 2 sec, reference to left tricep
Clear - Stick end up, bring arm to front, reference to right side of neck
 3. **Strike to ribs**, hold 2 sec, reference to right side of neck
Clear – Stick end up, bring arm to front, reference to left tricep
 4. **Strike to ribs**, hold 2 sec, reference to left tricep
Clear - Stick end up, bring arm to front, reference to right side of neck
 5. Stick end down, **bring end up to stomach level**, reference to neck
 6. Stick end to **opponent shoulder, aim for top left of opponents chest**, reference to neck
Clear – Stick end up, bring arm to front, reference to left tricep
 7. Stick end to **opponent shoulder, aim for top right of opponents chest**, reference to left tricep
 8. **Strike to knees**, hold 2 sec, reference to left tricep
Clear - Stick end up, bring arm to front, reference to right side of neck
 9. **Strike to knees**, crouch and bring stick forward to strike knees, reference to neck
 10. **Strike to eyes**, hold 2 sec, reference to neck
Clear – Stick end up, bring arm to front, reference to left tricep
 11. **Strike to eyes**, hold 2 sec, reference to left tricep
Clear - Stick end up, bring arm to front, reference to right side of neck
 12. **Strike to top of head**, hold 2 sec
- END**

Form: Yul-Gok (First half this cycle)

Start in Parallel Ready Stance

Month 1:

1. Move the left foot, aim with left hand
 2. Right mid section punch
 3. Left mid section punch
 4. Bring the left foot to the right foot and then move the right foot to a sitting stance, extend right fist
 5. Left mid section punch
 6. Right mid section punch
 7. Move right foot, form right walking stance, right inner forearm block
 8. Left back leg front kick, lower leg in front
 9. Left mid section punch, left walking stance
 10. Right mid section punch, left walking stance
 11. Slide left leg in and back out, left walking stance, left inner forearm block
 12. Right back leg front kick, lower the leg in front
 13. Right mid section punch, right walking stance
 14. Left mid section punch, right walking stance
 15. Right hooking block, right walking stance
 16. Left hooking block, maintain right walking stance
 17. Right mid section punch
 18. Left hooking block, left walking stance
 19. Right hooking block, maintain left walking stance
 20. Left mid section punch
- Perform 2 and 3 in a fast motion.
- Perform 5 and 6 in a fast motion
- Perform 9 and 10 in a fast motion
- Perform 13 and 14 in a fast motion
- Moves 16 and 17 are done in a connecting motion
- Moves 19 and 20 are done in a connecting motion