

Junior Intermediate and Advanced

Combination: Back 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, turning back to target/Bring left foot up into chamber, left back kick/
Right back 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, turning back to target/Bring right foot up into chamber, right back kick/ left back kick

1-12 Control

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

Month 1:

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

Month 2:

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

Grappling : TBA

Nunchucks: Blue Belt Cycle

Won-Yo (first half this cycle)

Meaning: Was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

Moves 28

Start: Ready Stance A

Month 1:

1. Move left foot, form right L-stance, left twin forearm block
2. Right inward knife hand strike, stay in right I-stance
3. Left side punch (from chest), form a left fixed stance
4. Foot to foot other side, left I-stance, right twin forearm block
5. Left inward knife hand strike, stay in left I-stance
6. Right side punch (from chest), form a right fixed stance

Month 2:

7. Bring right foot to left foot, right bending knee stance, guarding block
8. Left side kick
9. Lower left foot to form right I-stance, left knife hand guarding block
10. Step forward, left I-stance, right knife hand guarding block
11. Step forward, right I-stance, left knife hand guarding block
12. Step forward, right walking stance, right vertical fingertip thrust