

Little Champions Black Belt Club AND Junior Beginners

Combination: Boxing Combination

Self Defense: Normal grab, Cross grab

Month 1: Normal grab (R and L)

Stomp, Palm down, grab own wrist, twist and pull hand out (Waiter).

Backfist, side kick

Month 2: Cross grab (R and L)

Stomp, Palm up, pull hand out (pass the pizza)

Side kick, backfist, palm strike

Form: Dan-Gun (Second Half)

Meaning: Named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

Moves: 21

Start: right walking stance, right high section punch

11. Move right foot, turning clockwise, for a left I-stance, right twin forearm block
12. Step forward, left walking stance, left high section punch
13. Move left foot, form a left walking stance, left low section block
14. Stay in left walking stance, left raising block
15. Step forward, right walking stance, right raising block
16. Step forward, left walking stance, left raising block
17. Step forward, right walking stance, right raising block
18. Pivot, move left foot turning counter clockwise, form right I-stance, left outward knife hand strike
19. Step forward, right high section punch, right walking stance
20. Move right foot, turning clockwise, form a left I-stance, right outward knife hand strike
21. Step forward, left high section punch, left walking stance

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

Sticks: 1-12 Follow-Through (Steps 7-12 this cycle)

7. Step back and transfer weight, stick reference left tricep, THRUST CHEST, left heel off ground
8. Clear the stick, reference left tricep, KNEE, cut up, right leg in front, left heel off the ground
9. Reference right neck, KNEE – cut up, right leg in front, right heel off ground
10. Reference right neck, step in left leg, THRUST – EYE, right heel off ground
11. Step back and transfer weight, stick reference left tricep, THRUST – EYE, left heel off ground
12. Reference right neck, TOP OF HEAD, follow straight through, right heel off the ground

Nunchucks:

Backscratcher, shoulder/thigh, shoulder/thigh, between the legs