

# Little Champions Black Belt Club AND Junior Beginners

## 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

## Chon-ji (First Half)

**Start: Parallel Ready Stance**

### Month 1:

1. Move the left foot to the left, forming a left walking stance, left low section block
2. Step forward, right mid section punch, right walking stance
3. Move right foot turning clockwise, form right walking stance, right low section block
4. Step forward, left mid section punch, left walking stance

### Month 2:

5. Move the left foot to the front forming left walking stance, left low section block
6. Step forward, right mid section punch, right walking stance
7. Move right foot turning clockwise, form right walking stance, right low section block
8. Step forward, left mid section punch, left walking stance

## Self Defense: To Be Decided

### Nunchucks:

Around the neck, Around the back

### Sticks: 7-12 Control

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

### Grappling:

#### Month 1: Escape the Guard (Pass the Guard)

Begin in closed guard. Hold partner's lapel high on the chest, one hand holding further down near partners stomach. Student moves one knee behind partner and lifts it up. Drive hips backward using the palm to push on partners knee, forcing the partner to uncross the feet. Draw arm through partner's leg. Student places left shoulder behind knee and grabs partner's lapel. Student drives weight forward forcing the partner into a ball with the partner's knee pressed down against their face. Student holds pressure down while circle, straight body and let partners leg fall and finish in side mount

#### Month 2: Escape the Mount (Bridge Escape)

**Start: Student on bottom in prayer position, partner in mount.**

Student lifts hips up pushing the partner forward. Partner puts out hands to post. Student wraps one arm around the partners elbow and with hands joined pulls partners arm to chest. Student bends leg and places foot on the outside of partners foot. Student lifts hips as high as possible and roll to one side. Student lands in the guard and places both hands on partners biceps to control the position and stabilize himself.