

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

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

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
Perform 2 and 3 in a fast motion.
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
Perform 5 and 6 in a fast motion
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
Perform 9 and 10 in a fast motion
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
Perform 13 and 14 in a fast motion
15. Right hooking block, right walking stance
16. Left hooking block, maintain right walking stance
17. Right mid section punch
Moves 16 and 17 are done in a connecting motion
18. Left hooking block, left walking stance
19. Right hooking block, maintain left walking stance
20. Left mid section punch
Moves 19 and 20 are done in a connecting motion