

Junior Intermediate and Advanced

Combination: Turning Kick (Front Leg)

Month 1:

Start with left leg in front and hands up by chin (left guarding block)

Hop forward left front punch / right reverse punch / Turn back heel / Front (L) leg turning kick / Right leg turning kick / foot to foot, Right leg turning 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 / Turn back heel / Front (R) leg turning kick / Left leg turning kick / foot to foot, Left leg turning kick

Do-San

Meaning: DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Moves 24

Start: Parallel Ready Stance

Month 1:

1. Step out to the left, left outer forearm block, left walking stance
2. Stay in left walking stance, right reverse punch
3. Step a little, step a lot, right walking stance, right outer forearm block
4. Stay in right walking stance, left reverse punch
5. Move left foot in and out towards the front, left knife hand guarding block, right I-stance
6. Step forward, right walking stance, right vertical fingertip thrust

Month 2:

7. Pivot on right foot, move left foot turning counter clockwise, form left walking stance, left backfist
8. Step forward, right walking stance, right backfist
9. Move left foot turning counter clockwise, form left walking stance, left outer forearm block
10. Stay in left walking stance, right reverse punch
11. Step a little, step a lot, right walking stance, right outer forearm block
12. Stay in right walking stance, left reverse punch

Self Defense:

Month 1: Mount to Paintbrush

Start in Mount

1. Both hands at one wrist of opponent, bring opponents' arm to floor.
2. Drop elbow closest to opponents' head to floor
3. Slide other hand, palm UP under opponents' arm, rotate palm down, and grab your own wrist
4. Drag opponents' arm down towards body – back of opponents' hand 'paints' the floor
5. As the arm moves down, opponents' elbow will be forced upwards off the floor, putting pressure on the shoulder
6. Proceed until opponent taps

Month 2: Armbar from Mount

Start: Student begins in the mount.

Student rolls opponent to the side, heel to abdomen, knee to back to secure position and lowers body to use weight to pin opponent. Student places hand on floor at opponents chin, forcing head up, other arm secures opponents upper arm. Extend opponents arm upwards and regain upward posture. Sit weight on opponent, swing back leg forward over opponents head. Student should be seated as close as possible with left leg across partners face and right leg across the partners body. Student holds partners right arm to chest and slowly lies to the ground. If needed lift up hips until partner taps. Partners right thumb should be facing up.

Sticks: Releases 1 and 2

Month 1: Stick Release #1

Moving right foot, angle to the right, brush the stick, check the hand, slide the hand down, turn the stick and strike the hand

Month 2: Stick Release #2

Step out left foot, angle to the left, check the stick and the hand at the same time, circle around the wrist, reverse wrist lock, strike to the top of the elbow with your stick