

Teen/Adults (All)

Combination: Side 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 / Turn right heel/ front leg side kick / Pivot/ Back Leg Side Kick/ Foot to Foot/ Back Leg Side 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 left heel/ front leg side kick / Pivot/ Back Leg Side Kick/ Foot to Foot/ Back Leg Side Kick

Form: Yul-Gok (Second half this cycle)

Month 1:

21. Right mid section punch, right walking stance
22. Lift left leg into a right bending knee stance
23. Left side kick
24. Left walking stance, right front elbow strike
25. Lift the right leg, left bending knee stance
26. Right side kick
27. Right walking stance, left front elbow strike
28. Twin knife hand block, form a right I-stance
29. Step forward into right walking stance, right finger tip thrust

Month 2:

30. Move right foot in and out to the other side, form a left I-stance, twin knife hand block
 31. Step forward into left walking stance, left finger tip thrust
 32. Move left foot in and out into a left walking stance, left outer forearm block
 33. Right mid section punch, maintain left walking stance
 34. Step forward, right walking stance, right outer forearm block
 35. Left mid section punch, maintain right walking stance
 36. Jumping back fist into a left x-stance
 37. Pivot, right walking stance, right double forearm block
 38. Foot to foot, step out into a left walking stance, left double forearm block
- END:** Bring the left foot back to a ready posture.

Sticks: 1-12 Follow through

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

Month 1:

1. Reference right neck, HEAD, cut down, right leg in front, right heel off the ground
2. Reference tricep, HEAD, cut down, right leg in front, left heel off the ground
3. Reference right neck, MID, cut across, tip slightly higher than butt end, right leg in front, right heel off ground
4. Reference left tricep, MID, cut across, tip slightly higher than butt end, right leg in front, left heel off ground
5. Reference right neck, step in left foot, THRUST MID, right heel off ground
6. Reference right neck, stay – keep left foot in front, THRUST CHEST, right heel off ground

Month 2:

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

Grappling:

Month 1: 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.

Month 2: 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