

Junior Intermediate and Advanced

Combination: Reverse 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 / 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 / Front (R) leg turning kick / Left leg turning kick/foot to foot, Left leg turning kick

Do-San (Second Half)

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:

13. Move left foot in and out 45 degrees, form left walking stance, wedging block
14. Right back leg front kick
15. Lower right foot, form a right walking stance, right mid section punch
16. Stay in right walking stance, left mid section punch
17. Move right foot in and out to the other side, 45 degrees, right walking stance, wedging block
18. Left back leg front kick
19. Lower left foot, form a left walking stance, left mid section punch

Month 2:

20. Stay in left walking stance, left mid section punch
21. Move left foot in and out, form left walking stance, left raising block
22. Step forward, right walking stance, right raising block
23. Pivot on right foot, turning counter clockwise, forming sitting stance, left outward knife hand strike
24. Foot to foot, sitting stance, right outward knife hand strike

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

Nunchucks:

Red Belt Level Form

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