

# Little Champions Black Belt Club AND Junior Beginners

## Combination: Boxing Combination #1

### Month 1: (First half)

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

Jab/Jab/Cross/Bob

### Month 2: (Second Half)

Cross/Hook/Bob/Hook/Cross

## Self Defense:

### Month 1:

Normal Grab: Backfist, Side kick

### Month 2:

Cross Grab: Footstomp/backfist/palmstrike

## Sticks: 7-12 Follow through

### Month 1:

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

### Month 2:

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

## Dan-Gun (Second Half)

**Meaning:** Named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

**Moves:** 21

### Month 1:

11. Move right foot, turning clockwise, for a left I-stance, right twin forearm block
12. Step forward, left walking stance, left high section punch
13. Move left foot, form a left walking stance, left low section block
14. Stay in left walking stance, left raising block
15. Step forward, right walking stance, right raising block
16. Step forward, left walking stance, left raising block

### Month 2:

17. Step forward, right walking stance, right raising block
18. Pivot, move left foot turning counter clockwise, form right I-stance, left outward knife hand strike
19. Step forward, right high section punch, right walking stance
20. Move right foot, turning clockwise, form a left I-stance, right outward knife hand strike
21. Step forward, left high section punch, left walking stance

**END:** Bring the left foot back to a ready posture.

## Nunchucks (not tested this cycle)

### Month 1:

Backscratchers

### Month 2:

Shoulder/thigh bounce