

## Junior Intermediate and Advanced

### Combination: Jumping 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 jumping front kick / right jumping front kick / left knee up / right jumping 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 jumping front kick / left jumping front kick / right knee up / left jumping front kick

### Form: Dan-Gun (First Half)

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

**Moves:** 21      **Start: Parallel Ready Stance**

#### Month 1:

1. Step out to the left, right I-stance, left knife hand guarding block
2. Step forward, right high section punch, right walking stance
3. Move right foot turning clockwise, form left I-stance, right knife hand guarding block
4. Step forward, left high section punch, left walking stance
5. Move left foot to front, left walking stance, left low section block

#### Month 2:

6. Step forward, right high section punch, right walking stance
7. Step forward, left high section punch, left walking stance
8. Step forward, right high section punch, right walking stance
9. Pivot, turning counter clockwise, form a right I-stance, left twin forearm block
10. Step forward, right walking stance, right high section punch

### Grappling:

#### Month 1: Armbar from Guard

**Start on back with partner in closed guard**

Student cups his left hand behind the right elbow and uses his right hand to hold the partners wrist. Student uncrosses the feet. With his left foot on the partners right hip, the students pushes to the right and uses his right leg to grip down squarely across the partners shoulders. Student then swings his left leg over the partners head and carefully lifts his hips and straightens his body to extend the partners right arm until the partner taps

#### Month 2: Paintbrush (Figure 4) from Guard

Student begins on his back with the partner in closed guard. Partners places his left hand on the ground to the right of student. Student grabs the partner left wrist with the students right hand. Student uncrosses his feet and places them on the ground as he places his right elbow on the ground, sits up to the right. Student reaches his left hand behind and around partners left arm and grabs his right wrist creating a figure 4 lock. Student then slides his hips to the right, turns to his left side and places his right leg high across partners back. Keeping the partners left arm bent at 90 degrees, student forces partners left hand behind the back for the tap.

### Sticks: Releases #3, #4

#### Month 1: Release #3

Angle to the right, check the stick and hand same time, stick under arm,  
Snake around clockwise, either knife hand at wrist or palm out at wrist, (Keep Palm Facing Away From You)  
Pull the stick out to release and strike

#### Month 2: Release #4

Angle to the left, check stick and hand at the same time, Rotate opponent's hand – so fingers point down  
Hold sticks butt to tip, trapping thumb between sticks  
Right hand to belt, step left swing left hand and stick ends down