

Little Champions Black Belt Club AND Junior Beginners

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/ Left (front) leg side kick / Pivot/ Right (back) Leg Side Kick/ Foot to Foot/ Right 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/ Right (front) leg side kick / Pivot/ Left (back) Leg Side Kick/ Foot to Foot/ Left Leg Side Kick

Self Defense:

Month 1: Breakfall/Turtle Shell/Kick

Breakfall: Drop bottom to the ground, roll back then arms out, hit the ground to stop body. Keep head off ground
Turtlesell: after breakfall, keep head off ground, feet and hands UP
Kick x 4 to protect self

Month 2: Side BreakFall

One foot swings in front of the other. Fold sideways and roll to side of leg that swung in front. Bottom arm slaps ground palm down to absorb impact. Top leg Side Kick to protect.

Form: Do-San (First 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:

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

Nunchucks (tested this cycle)

Month 1:

Step forward R foot, fold to R shoulder. Seatbelt, catch at R shoulder, bring to front.
Step forward L foot, fold to L shoulder. Seatbelt, catch at L shoulder, bring to front

Month 2:

Step forward R foot, fold to R shoulder. Bounce thigh to shoulder, pass around neck, bring to front.
Step forward L foot, fold to L shoulder. Bounce thigh to shoulder, pass around neck, bring to front