

Teen/Adults (All)

Combination: 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 stationary front kick / right back leg front kick / foot to foot right 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 stationary front kick / left back leg front kick / foot to foot left front kick

Self Defense: Armbar

Month 1: Crossgrab to Armbar

Right hand circles up read palm, turn palm out and grab partners wrist, left leg steps in, place left hand on partners arm just above the elbow, bring your right hand to pocket

Month 2: Punch to Armbar

Opponent punches at face, Student angles to the side, brush the punch aside, grab wrist with other hand, pull fist to waist as brushing hand places knife-hand at elbow and rotates in to armbar

Form: Dan Gun

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
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

Month 2:

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
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.

Grappling:

Month 1: Paintbrush on L arm

Student begins mounted on the partners. Partner is in prayer position. Student uses his left palm to push down on partners left wrist. Student then applies his weight through his left arm to hold partners wrist motionless on ground. student drops left elbow to the ground next to partners left ear. Partner then weaves right hand under partners bent left elbow. Student uses his right hand palm down to grip his own left wrist. Student then slowly slides partners knuckles on the ground towards his feet while slowly raising the partners left elbow until partner taps.

Month 2: Paintbrush on R arm

Repeat Month 1 on other side