

Junior Intermediate and Advanced

Combination: Double 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/ double side kick (L) / Pivot/ Double Side Kick (R)/ Foot to Foot/ Double Side Kick (R)

Month 2: Start with right leg in front and hands up by chin (right guarding block)

Hop forward left front punch / right reverse punch / Turn right heel/ double side kick (R) / Pivot/ Double Side Kick (L)/ Foot to Foot/ Double Side Kick (L)

Won-Yo (First Half)

Meaning: Was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

Moves 28

Start: Ready Stance A

Month 1:

1. Move left foot, form right L-stance, left twin forearm block
2. Right inward knife hand strike, stay in right I-stance
3. Left side punch (from chest), form a left fixed stance
4. Foot to foot other side, left I-stance, right twin forearm block
5. Left inward knife hand strike, stay in left I-stance
6. Right side punch (from chest), form a right fixed stance
7. Bring right foot to left foot, right bending knee stance, guarding block

Month 2:

8. Left side kick
9. Lower left foot to form right I-stance, left knife hand guarding block
10. Step forward, left I-stance, right knife hand guarding block
11. Step forward, right I-stance, left knife hand guarding block
12. Step forward, right walking stance, right vertical fingertip thrust
13. Pivot; move left foot turning counter clockwise, form right I-stance, left twin forearm block
14. Right inward knife hand strike, stay in right I-stance
15. Left side punch (from chest), form a left fixed stance

Nunchucks Fall 2023

Start: Ready position, nunchucks out in front

Month 1:

1. Fold to Right shoulder, step forward right foot into right walking stance
2. Figure 8's X 5
3. Thigh bounce – inside/outside/inside
4. Step back right leg, into left walking stance, reverse figure 8's X 5
5. Step forward into sitting stance, helicopters X 5
6. Seatbelt, catch over right shoulder
7. Catch in front, then bring feet together

Month 2:

Repeat Left Side

Grappling:

Month 1: Rear Naked Choke

Start behind opponent sitting in rear mount. Bring right arm in front, around opponent's neck, elbow forward in front of their chin.

Right hand grabs your own left bicep

Bring left arm behind opponent's head, palm facing the back of their head

Squeeze to apply choke

Month 2: Escape Back control

Start in Back control/back mount (opponent sits upright behind, heels in front, over student's legs. One arm over shoulder, one arm under other armpit. The arm that comes under the armpit grasps own wrist of arm coming over the shoulder)

Tip to one side, bring bottom knee up and over opponent's bottom leg. Rotate and shift body so that student is sitting on leg of opponent. Rotate body inwards and shift legs out to side keeping torso over opponent. End in crossbody.