

Little Champions Black Belt Club AND Junior Beginners

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: Normal Wrist Lock

Month 1: Cross Grab

Month 2: Normal Grab

Palm down, step in and point the elbow, place your thumb on the back of partners hand, fingers around the meat of the thumb, pull your hand out of the wrist grab, place both thumbs together, fingers together, push partners palm to the floor

Chon-ji

Moves: 19

Start: Parallel Ready Stance

Month 1:

1. Move the left foot to the left, forming a left walking stance, left low section block
2. Step forward, right mid section punch, right walking stance
3. Move right foot turning clockwise, form right walking stance, right low section block
4. Step forward, left mid section punch, left walking stance
5. Move the left foot to the front forming left walking stance, left low section block
6. Step forward, right mid section punch, right walking stance
7. Move right foot turning clockwise, form right walking stance, right low section block
8. Step forward, left mid section punch, left walking stance

Month 2:

9. Move left foot in and out to the side, forming a right I-stance, left inner forearm block
10. Step forward right mid section punch, right walking stance
11. Move right foot turning clockwise, form a left I-stance, right inner forearm block
12. Step forward left mid section punch, left walking stance
13. Move left foot in and out to form right I-stance, left inner forearm block
14. Step forward right mid section punch, right walking stance
15. Move right foot turning clockwise, form left I-stance, right inner forearm block
16. Step forward left mid section punch, left walking stance
17. Step forward right walking stance, right mid section punch
18. Step backwards forming left walking stance, left mid section punch
19. Step backwards forming right walking stance, right mid section punch

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

Form: Nunchuck Form Red Level

Start in Ready stance with nunchucks out in front

MONTH 1:

1. Fold to Right shoulder, step forward right foot into walking stance
2. Seatbelt Left to Right, to shoulder X 2
3. Helicopters X 3
4. Seatbelt then catch over right shoulder
5. Bring to front

MONTH 2:

Repeat Left Side

Grappling:

Month 1: Cross Choke From Guard

Month 2: Heel Sweep From Guard