

# Teen/Adults (All)

## Combination: Turning Kick (Front Leg)

### 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 back heel / Front (L) leg turning kick / Right leg turning kick/foot to foot, Right leg turning 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 back heel / Front (R) leg turning kick / Left leg turning kick/foot to foot, Left leg turning kick

## Form: Do-San

**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
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

### Month 2:

13. Move left foot in and out 45 degrees, form left walking stance, wedging block
14. Right back leg front kick
15. Lower right foot, form a right walking stance, right mid section punch
16. Stay in right walking stance, left mid section punch
17. Move right foot in and out to the other side, 45 degrees, right walking stance, wedging block
18. Left back leg front kick
19. Lower left foot, form a left walking stance, left mid section punch
20. Stay in left walking stance, left mid section punch
21. Move left foot in and out, form left walking stance, left raising block
22. Step forward, right walking stance, right raising block
23. Pivot on right foot, turning counter clockwise, forming sitting stance, left outward knife hand strike
24. Foot to foot, sitting stance, right outward knife hand strike

**END:** Bring the right foot back to a ready posture.

## 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

## Single Stick Sinawali

### Month 1:

**Start with stick in right hand, referenced to right side of neck, right foot forward**

1. Bring stick out in front, point up, swing down across body of opponent, from left neck (High) to right hip (Low)
2. Reference to left tricep
3. Bring stick with point low, to opponents' knees, and reference to left tricep (Recoil)
4. Bring stick out in front, point up, swing down across body of opponent, from right neck (High) to left hip (Low)
5. Reference to neck
6. Bring stick with point low, to opponents' knees, and reference to neck (Recoil)
7. Repeat

### Month 2: Repeat Left Side