

White-Yellow Belts, Basic and Tigers November and December 2021

Stances

Middle Stance, Front Stance, Back Stance

Blocks

Knife hand Low Block, Knife hand High Block, Double Knife hand Block, Double Outer Forearm Block

Strikes

Front Punch, Reverse Punch, Knife hand Strike, Back fist Strike,

Kicks

Front Kicks #1 - #4, Round Kicks #1 - #4, Jump Front Kicks #1 - #4, Outer Crescent Kicks 1-4,

Inner Crescent Kicks 1-4

Rules

Front punch is front leg front arm, Reverse punch is back leg back arm

#1 Front leg kicks, #2 Back leg kicks, #3 Back leg moves front leg kicks,

#4 Front leg moves back leg kicks

One Step Sparring

#1 Attacker - (KIHAP) Right Punch with step (high)

Defender - (KIHAP) Jump back one stance towards 4:00 Double outer Forearm Block (Self Control)

#3 Left jump front kick towards 10:00 to the Chin or Stomach (Controlling)

Left knife hand strike towards the neck at 10:00 (My)

Right reverse punch towards the Stomach (Actions)

Step left foot to right foot and right foot steps back towards 4:00 Double outer Forearm Block (Self Control)
(KIHAP) Ends in Right back stance

#2 Attacker - (KIHAP) Right Punch with step (high)

Defender - (KIHAP) Jump back one stance towards 7:00 Double outer Forearm Block (Integrity)

#3 Right jump front kick towards 2:00 to the Chin or Stomach (Choosing)

Right back fist strike towards the head (Right)

Left punch towards the stomach (Over)

Right punch towards the chin (Wrong)

Right Round kick towards the stomach or head (Always)

Step right foot to left foot and left foot steps back towards 7:00 Double outer Forearm Block (Integrity)
(KIHAP) Ends in Left back stance

Nun chuck Moves

1. Helicopter
2. Propeller
3. V Strike
4. Triangle Strike
5. Behind the back
6. Figure 8
7. Around the world
8. Over under
9. Free Style