



Culin Karate Center, Ltd. Black Belt Leadership Academy Student Notebook

Revised AUGUST 23, 2005
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MARRIAGE OF EAST and WEST
with music (“Beethoven’s Fifth Symphony”)

General Information

Culin Karate Center Mission Statement

Our Mission Statement

To become *the* difference maker in the personal, physical and family lives of enough of people to make a positive difference in our Community, Country, and the World; one Black Belt Leader at a time.

Joseph J. Culin – Chief Instructor

Student Rules

- Always wear a *clean*, neat uniform with the official Academy patches on it (an official workout shirt is okay during the summer months only).
- Do not wear jewelry in class.
- Students and Parents must bow and say “Hello Mame, Hello Sir” when entering the Academy and bow and say “Goodbye Mame , Goodbye Sir” when leaving the Academy. This is to demonstrate proper discipline and courtesy towards all students, parents and Instructors. Parents of students who are being dropped off for their classes are requested to walk their child to the front door and demonstrate the bow with their child while they are at the White Belt level.
- Students must pull their card prior to the class and present them on the floor when requested. Present them with fingertips.
- Students must be ready for class and lined up on a floor dot within 5 seconds of Instructor’s command to “line up”. Students not prepared for their class will perform 25 pushups before allowed to come into class. Further instances may result in not receiving class credit and perhaps a reduction in rank.
- All shoes and bags will be stored properly. Items not stored properly may result in lost class credit and/or reduction in rank.
- Parents and non-students must follow protocol rules as other students. No talking or distractions are allowed when classes are being held. Please take crying or loud children outside.
- Parents and non-students are not permitted on the floor during classes.
- Spectators, please turn cell phones to vibrate and take them outside if you are going to use them. Classes will be halted and violators of this rule will be asked to leave the studio.
- Students: Parents and spectators are “invisible” during class times.
- Students must line up by height on the floor. Taller students always line up in the rear lines.
- Please help keep the Academy clean and neat. Please pick up any wrappers and trash.
- Chewing gum and eating is not allowed in the Academy. PLEASE DO NOT EAT IN THE STUDIO.
- Make sure you do not eat immediately before class, and use the restroom before your class. You are expected to remain in class until it is completed.
- *No shoes are allowed on the mat!* Only students in FULL uniform are allowed on the mat.
- A proper warm-up is important for your safety,
- Students: please remember to show respect for other people’s class time. Be quiet and do not disrupt classes that are in session if you are on the floor. Constant disruption may result in loss of class credit and/or reduction in rank.
- At the start of class, line up by height, stand still in the “At Ease” position and fix your eyes on the instructor. You can expect the instructor to give 100% while he teaches, and he expects you to give 100% while you learn.
- Respond to all adults and/or Black Belts as “Yes Sir” or “No Sir,” or “Yes Ma’am” or “No Ma’am.” Address all Black Belts by their last name (e.g., Mr. Culin, etc.).

- Refer to the following section, “Sparring Gear Requirements” for information on required protective wear. **NO OUTSIDE SPARRING GEAR IS ALLOWED! ALL GEAR MUST BE RHEEMAX AND MUST BE PURCHASED THROUGH THE ACADEMY. NO EXCEPTIONS.**
- Green Belts and higher should have hand gear, foot gear, and mouthpiece on ***before*** class begins.
- After three warnings for unacceptable behavior, class credit is lost for that class only. Students will be asked to sit out of class after the fourth warning and a parent conference is required before the student is allowed back into classes.
- Equipment stored in Dojang, during classtime, must be placed in a cubbyhole or on a shelf. Do not leave anything in any of the isleways, in front of air conditioner vents, or any exit doors. **DO NOT LEAVE EQUIPMENT IN THE ACADEMY OVERNITE!**
- Be sure to label all of your equipment with your full name so it will be easier to find out who it belongs to in the event that it is lost.
- **Children must wait *inside* the building until their parents pick them up. PARENTS MUST PICK UP CHILDREN NO LATER THAN 15 MINUTES AFTER THEIR CLASS ENDS.**
- There may be days when classes are not held; please check the schedule. There will be no make-ups for days closed including holidays.

EasyPay Billing

WHAT IS “EasyPay”??

EasyPay is the funding company that is hired to service all student accounts.

IMPORTANT! PLEASE NOTE: Instructor and staff at the Academy are not authorized to address any billing concerns with students.

ALL questions or concerns regarding your billing account must be made directly to EasyPay

They may be reached at 254-933-3279

Student Uniforms

All taekwondo students are required to purchase and wear uniforms. A Culin Karate Center T-shirt may be worn instead of a uniform (top) during specified summer months. When a student enters Master Club or the Leadership Program, he/she may wear a black uniform.

Culin Karate Center recognizes four uniform patches. The following shows the correct location for applying each patch to the uniform.

CORRECT LOCATION OF PATCHES ON UNIFORM

Culin Karate Black Belt Leadership Academy patch Left chest

Jhoon Rhee Might for Right right chest

United States Flag Right shoulder

Korean Flag Left shoulder (RED IS UP)

Culin Karate Patch

Students may earn the School Patch by performing the following:

- recruiting a new Academy student

Sparring Gear Requirements

Protective equipment must be worn during class and for testing of Green Belts or higher belts. All of the equipment is *required* for sparring in order to minimize the risk of injury to all students involved in either class or test settings. **All equipment and uniforms must be purchased through the Academy! No exceptions.**

Korean Terms

TERM MEANING ACTION

Charyo Attention - Stand up straight without moving! Heels and toes should be together with arms at your side while looking straight ahead.

Show At Ease - Both hands should be behind your back and interlocked. Relax with feet in ready stance position by moving only your left foot.

Kyungye Salute - Bend 45 degrees at the hip while keeping eyes straight ahead.

Chunbi - Ready Stance at the beginning of training.

Goman - Ready Stance at the end of training.

Shejak - Begin Command to start.

Duiro Dora - About Face Turn 180 degrees. (always turn to the right)

Belt Graduation Rules and Fees

Certification by Culin Karate Black Belt Leadership Academy consists of one Chief Examiner holding the rank of at least a 3rd Degree Black Belt. Other Black Belts may assist in the testing process.

Students may not, at any time, teach or instruct any technique or method of the Culin Karate Center program without the written consent of the Culin Karate Center

The Chief Examiner may elect to stop a student's testing if at any time the following occurs: 1) the student's health is in jeopardy; 2) the student does not follow instructions of the testing board; 3) the student either intentionally or consistently uses excessive contact; 4) the student uses dangerous (illegal) techniques; and/or 5) the student (or his/her parents or friends) shows a lack of courtesy or demonstrates poor sportsmanship.

Progress Checks and Final Exams (Stripe Tests)

Progress checks are given according to the following schedule:

WHITE thru Blue BELTS

Stripe Review performed at the mid-point of formal exams. Students must demonstrate proper knowledge and proper performance of required skills.

RED BELTS, BROWN BELTS: Stripe test required between formal Belt tests. Stripe testing occurs during regular test weeks for ALL belts.

BLACK BELTS: testing every 4 months for mid-term review of new material. Each review counts as 40 points towards the required 240 points for 2nd degree Black Belt, and 360 points (9 mid terms) for 3rd degree Black Belt.

Note: All students should be prepared to perform *previously-learned* requirement at any progress check.

Final Exams are given only once every two months (make up exams may be requested. See Mr. Culin). Belts are awarded upon payment of the Graduation fee.

Check the schedule for the dates and times.

Graduation Fees

All students must register before the cut-off date, which is posted in the academy in order to test. Payment for an exam must be made when Intent to Promote form is handed in. There is no additional charge for testing again if the student does not pass the Exam.(exception: Black Belt testing)

\$40 for all students

\$60 for all Black Belt Mid-Term Exams

\$250 1st Degree Black Belt

Half price for family members after 2. (not including 1st Degree Black Belt Test)

NOTE: TEST FEES SUBJECT TO CHANGE. ASK ABOUT SAVINGS FOR PRE-PAID TESTING!!!!

Belt Levels and Minimum Time Requirements for Testing

Time requirements are variable because they are based on performance, service to the Academy, and community and personal qualities (effort, attitude, discipline, and skill).

Color Minimum Waiting Time for Next Belt Test

White Acceptance into the Culin Karate Black Belt Leadership Academy

Gold TO Orange – 2- 4 months (APPROX 15 CLASSES and OK from Chief Instructor)

Orange to Green 2- 4 months (APPROX 15 CLASSES and OK from Chief Instructor)

Green to Purple 2- 4 months (APPROX 15 CLASSES and OK from Chief Instructor)

Purple to Blue 2- 4 months (APPROX 15 CLASSES and OK from Chief Instructor)

Blue to Red 2-4 months (APPROX 15 CLASSES and OK from Chief Instructor)

Red to Red w/1st Stripe 2 months (APPROX 15CLASSES and OK from Chief Instructor)

Red 1st Stripe to Red 2nd Stripe 2 months (APPROX 15CLASSES and OK from Chief Instructor)

Red 2nd Stripe to 2nd Brown Belt 2 months (APPROX 15CLASSES and OK from Chief Instructor)

2nd Brown to 2nd Brown w/1st Stripe 2 months (APPROX 15CLASSES and OK from Chief Instructor)

2nd Brown 1st Stripe to 2nd Brown 2nd Stripe 2 months (APPROX 15CLASSES and OK from Chief Instructor)

2nd Brown 2nd Stripe to 1st Brown Belt 2 months (APPROX 15CLASSES and OK from Chief Instructor)

1st Brown to 1st Brown w/1st Stripe 2 months (APPROX 15CLASSES and OK from Chief Instructor)

1st Brown 1st Stripe to 1st Brown 2nd Stripe 2 months (APPROX 15CLASSES and OK from Chief Instructor)

1st Brown 2nd Stripe to 1st Black Belt 2 months (APPROX 15CLASSES and OK from Chief Instructor)

2nd Degree Black – MIN 24 mo's and 6 mid term exams (40 points each – must total 240 points)

3rd Degree Black – MIN 36 mo's and 9 mid term exams (40 points each – must total 360 points)

4th Black – MIN 48 mo's and 12 mid term exams (40 points each – must total 480 points)

STUDENT CREED

**“TO BUILD TRUE CONFIDENCE THROUGH
KNOWLEDGE IN THE MIND,
HONESTY IN THE HEART, AND STRENGTH IN THE
BODY.
TO KEEP FRIENDSHIP WITH ONE ANOTHER, AND TO
BUILD A STRONG AND
HAPPY COMMUNITY.
NEVER FIGHT TO ACHIEVE SELFISH ENDS;
BUT TO DEVELOP
MIGHT FOR RIGHT”**

JHOON RHEE

JHOON RHEE’S 4 DAILY AFFIRMATIONS

- 1) I ALWAYS LEARN SOMETHING GOOD EVERYDAY**
- 2) I NEVER MAKE MISTAKES KNOWINGLY**
- 3) I ALWAYS TAKE ACTIONS TO MAKE GOOD THINGS HAPPEN**
- 4) I ALWAYS “CHOOSE” TO BE HAPPY**

Student Notebook Chapter 2: Belt Testing Rules and Fees
Belt Levels and Minimum Time Requirements for Testing

Minimum Belt Requirements

BLOCK ONE (WHITE BELT) TRAINING (MIN 2 MONTHS)

COUNT KICKS Practice 10 times per day, each side, three days per week

4 COUNT SIDEKICK – ONE IS TO CHAMBER POSITION(COUNT TO “THREE” SLOWLY), TWO IS HOLD OUT AND LOCK (COUNT TO “FIVE” SLOWLY AND BLADE FOOT), THREE IS BACK TO CHAMBER (COUNT TO THREE), FOUR IS FOOT DOWN.

WHITE BELT BASICS Practice five times a day, three days per week

- 1) **Front Punch**
- 2) **Back Punch**
- 3) **Front kick**
- 4) **Side kick**
- 5) **Round Kick**

FORMS Practice five times per day, three times per week as a White Belt

KYU-YOOL (Discipline)

1. One, Sir!: Cross hands, right closest to heart—feet are together.
2. Two, Sir!: On hands, in the “up” push-up position.
3. Three, Sir!: Push up # 1.
4. Four, Sir!: Push up # 2.
5. Five, Sir!: Push up # 3.
6. Six, Sir!: Push up # 4.
7. Seven, Sir!: Push up #5.
8. Eight, Sir!: Stand up, feet together, cross arms with right closest to heart.
9. Nine, Sir!: Attention stance.
10. Thank you, Sir!: Salute.

KAM-SAH (Appreciation)

1. One, Sir!: Cross hands, right closest to heart—feet are together.
2. Two, Sir!: Look left, fold arms for left chop block.
3. Three, Sir!: Step out to left with the left foot, left chop block.
4. Four, Sir!: Right back punch.
5. Five, Sir!: Left foot to right, look right, fold for right chop block.
6. Six, Sir!: Right foot step to right, right chop block.
7. Seven, Sir!: Left back punch.
8. Eight, Sir!: Slide right foot to left, cross arms with right closest to the heart.

9. Nine, Sir!: Attention stance.
10. Thank you, Sir!: Salute.

10 Point Blocking Drill

Right hand covers Left hand (joonbee) in Horse Stance

- 1) Right outside to inside block (one sir)
- 2) Left outside to inside block (two sir)
- 3) Right inside to outside block (three sir)
- 4) Left inside to outside block (four sir)
- 5) Right upblock (five sir)
- 6) Left upblock (six sir)
- 7) Right downblock (seven sir)
- 8) Left downblock (eight sir)
- 9) Right hand covers Left hand (nine sir)
- 10) Attention stance (Thank you Sir)

Self Defense

- 1) WRIST GRABS (LEFT, RIGHT, BOTH)
- 2) DUEL SPEARS AGAINST T CHOKE (FIND SOFT SPOT, DROP WEIGHT, GIVE A PUSH, CLEAR HANDS, 4 PUNCHES, GRAB AND KNEE)
- 3) LAPEL GRAB (VITAL SPOTS) NOSE, NECK, EYES, EARS

BLOCK TWO (Gold Belt) TRAINING MIN 2 MONTHS

COUNT KICKS Practice 10 times per day, each side, three days per week

3-count ROUND kick

1. Knee up into Round Kick chamber position
2. Kick out and back (explosive)
3. Foot down

Gold Belt Basics

- 1) Back Fist
- 2) Back Leg Front Kick
- 3) Back Leg Sidekick
- 4) Back Leg Roundkick
- 5) Ridge Hands

Rhythm Sparring

6 count
4 count
2 count

SELF DEFENSE Practice five times per day, three days per week

1. Front choke ATTEMPT (BLOCK, CHOP, RAKE, KNEE)

2. Front Choke (Arms straight out, pop and hold, kick w/yell)
3. Attempted Rear Bearhug (drop weight, elbows up, 3 elbows, slap floor, grab foot for takedown w/kick) (option B: same as above, but with hip takedown w/foot stomp)

FORM _ Practice five times per day, three times per week

Intro to JAYOO (Freedom)

JOONBEE: Assume ready stance, feet parallel at shoulder width and hands closed in front of body, waist high.

- + 1. West left chop block.
 2. Right back punch.
 3. East right chop block.
 4. Left back punch.
 5. North left chop block.
 6. Right back punch.
 7. Right foot step, right chop block.
 8. Left back punch.
 9. Back leg front kick with a forward step.
 10. Left front punch.
 - + 11. Right back punch.
 12. West right chop block (turning 270 degrees clockwise).
 13. Left back punch.
 14. East left chop block.
 15. Right back punch.
 16. South right chop block.
 17. Left back punch.
 18. Left foot step, left chop block.
 19. Right back punch.
 20. Back leg front kick with a forward step.
 21. Right front punch.
 - + 22. Left back punch.
 23. West left chop block.
 24. Right back punch.
 25. East right chop block.
 - + 26. Left back punch.
- GOMAN (END)
- + Denotes Kihop point.

BLOCK THREE (Orange Belt) TRAINING MIN **2 MONTHS**

COUNT KICKS Practice 10 times per day, each side, three days per week
3-count front kick; 4-count side kick; 3-count round kick

COMBINATIONS Practice five times a day, three days per week

1. Offensive front punch, back punch, front Ridge Hand
2. Offensive front punch, front leg front kick, back punch.
3. Offensive front punch, front leg side kick, back punch.
4. Offensive front punch, front leg round kick, back ridge hand.

TRADITIONAL STANCES AND BLOCKS Practice five times a day and three days per week

1. FRONT STANCE WALK
2. FRONT STANCE WALK W/PUNCH
3. FRONT STANCE WALK W/BLOCK

SELF DEFENSE

1. LAPEL GRAB (ONE HAND) SECURE HAND AND STIFFARM. BLOCK PUNCH AND WRAP ARM
2. SIDE CHOKE (POP HAND AND HOLD; RIDGE TO GROIN, UP TO CHIN)
3. REAR CHOKE (HAND UP, TWIST AND WRAP ARM)

BLOCK FOUR (Green Belt) TRAINING (MIN 2 MONTHS)

COUNT KICKS Practice 10 times per day, each side, three times per week
All previous count kicks and 6-count side kick

COMBINATIONS Practice five times a day, three days per week

1. Back leg front kick, back leg round kick, back punch.
2. Front leg round kick, step behind side kick, back punch.
3. Back leg round kick, reverse side kick, back ridge hand.

FORM Practice five times per day, three times per week

Mastery of first 7 steps of "Justice" kata

JUNG-YEE (Justice)

JOONBEE: Open hands X-block with stand up position.

1. West left chop down block(YELL) with left back stance. Right back punch.
2. East right chop down block with right back stance.. Left back punch.
3. North left chop block with left back stance. Right back punch. Left chop block.
4. Right step high inward chop. 180-degree counter-clockwise turn and left step chop block with left back stance. Right back punch.(YELL)
5. Right step, right chop block with right back stance. Left back punch. Right chop block with right back stance.

6. East 270-degree counter-clockwise turn and left chop down block with left back stance. Right back punch.
7. West right chop down block with right back stance. Left back punch.
8. South left chop block with left back stance. Right back punch. Left chop block.
9. Right step low, right front stance with fist X-block down. Open hand X-block up (elbows straight). Twist(clear) and right, left, and right punches.
10. Right back step low left front stance with fist X-block down. Open hand X-block up (elbows straight). Twist (clear) right grab, and left, right left punches.
11. Bring right to the left foot and stand up right. Left front kick. Right round kick and right tornado kick. Right elbow strike to left palm with horse stance (YELL).
12. Right back stance low Right down chop, Left back punch
13. West left chop down block with left back stance. Right back punch.
14. East right chop down block with right back stance.. Left back punch (YELL)

GOMAN

ATTN

SHOW

SELF DEFENSE

- 1) *GROUND CHOKE (POP HANDS AND HOLD, CAPTURE LEG , TAKE OVER, 3 HITS AND UP*
- 2) *GROUND WRIST PIN (ELBOWS IN, TURN HEAD AND SLAP. WRAP AND TAKE OVER)*
- 3) *GROUND PUNCHING (PROTECT FACE, BUMP OVER TO BASE OUT, WRAP AND TAKE OVER.)*

BLOCK 5 (Purple Belt) Requirements to Obtain Blue Belt

COUNT KICKS Practice 10 times per day, each side, three times per week
All previous count kicks; 6-count round kick/side kick

COMBINATIONS Practice five times a day, three days per week

1. Offensive Front punch/lunge punch, reverse side kick, back punch.
2. Offensive Front leg side kick, back leg round kick, reverse side kick, back punch.
3. Offensive Front leg round kick, reverse side kick, back leg round kick, back ridge hand.

Mastery of ALL 14 steps of "Justice" kata

JUNG-YEE meaning (Justice Sir!)

JOONBEE: Open hands X-block with stand up position.

1. West left chop down block(YELL) with left back stance. Right back punch.
2. East right chop down block with right back stance.. Left back punch.

3. North left chop block with left back stance. Right back punch. Left chop block.
4. Right step high inward chop. 180-degree counter-clockwise turn and left step chop block with left back stance. Right back punch.(YELL)
5. Right step, right chop block with right back stance. Left back punch. Right chop block with right back stance.
6. East 270-degree counter-clockwise turn and left chop down block with left back stance. Right back punch.
7. West right chop down block with right back stance. Left back punch.
8. South left chop block with left back stance. Right back punch. Left chop block.
9. Right step low, right front stance with fist X-block down. Open hand X-block up (elbows straight). Twist(clear) and right, left, and right punches.
10. Right back step low left front stance with fist X-block down. Open hand X-block up (elbows straight). Twist (clear) right grab, and left, right left punches.
11. Bring right to the left foot and stand up right. Left front kick. Right round kick and right tornado kick. Right elbow strike to left palm with horse stance (YELL).
12. Right back stance low Right down chop, Left back punch
13. West left chop down block with left back stance. Right back punch.
14. East right chop down block with right back stance.. Left back punch (YELL)

GOMAN
ATTN
SHOW

SELF DEFENSE

- 1) Headlock with a choke: turn head away from choke, position feet and drop weight. Hammerfist to groin with other hand to under nose. Backwards question mark and drive down. Hammer fist to the face.
- 2) Headlock with punching: Pull chin to chest and turn away from choke. Use one hand to defend against punch, and the other hand to snake behind opponents back and capture punching arm. Grab opponents other hand and “ spring up”. Slip head out and gain control behind opponent. Bring one arm behind and the other to the throat. Push lower back in to get opponent off balance.
- 3) Choking headlock: Turn head away from choke and position feet. Double hit low/high. Bring hand to side of head and pull head out of choke while snaking hand and arm through their arm to gain control via a shoulder lock. Grab with other hand to pull opponent close for followup.

BLOCK 6 (Blue Belt Requirements) to Obtain Red Belt

COUNT KICKS_ Practice 10 times per day, each side, three times per week
3-count hook kick

COMBINATIONS_ Practice five times a day, three days per week.

1. Offensive reverse hook kick, back leg round kick, back punch.
2. Offensive Front leg hook kick, back leg front kick, reverse hook kick, back punch.
3. Offensive Back leg round kick, tornado kick, reverse hook kick, back ridge hand.

FORM _ Practice five times a day and three days per week

MASTERY OF ENTIRE FORM

JUNG-YEE meaning (Justice Sir!)

JOONBEE: Open hands X-block with stand up position.

1. West left chop down block(YELL) with left back stance. Right back punch.
2. East right chop down block with right back stance.. Left back punch.
3. North left chop block with left back stance. Right back punch. Left chop block.
4. Right step high inward chop. 180-degree counter-clockwise turn and left step chop block with left back stance. Right back punch.(YELL)
5. Right step, right chop block with right back stance. Left back punch. Right chop block with right back stance.
6. East 270-degree counter-clockwise turn and left chop down block with left back stance. Right back punch.
7. West right chop down block with right back stance. Left back punch.
8. South left chop block with left back stance. Right back punch. Left chop block.
9. Right step low, right front stance with fist X-block down. Open hand X-block up (elbows straight). Twist(clear) and right, left, and right punches.
10. Right back step low left front stance with fist X-block down. Open hand X-block up (elbows straight). Twist (clear) right grab, and left, right left punches.
11. Bring right to the left foot and stand up right. Left front kick. Right round kick and right tornado kick. Right elbow strike to left palm with horse stance (YELL).
12. Right back stance low Right down chop, Left back punch
13. West left chop down block with left back stance. Right back punch.
14. East right chop down block with right back stance.. Left back punch (YELL)

GOMAN

ATTN

SHOW

SELF DEFENSE

- 1) Front Bearhug (arms captured) : Drop Weight. Double groin slap to create space. Grab and knee until arms soften. Pull arm out for elbow strikes then followup.
- 2) Front Bearhug (arms not captured) : Drop Weight. Thumbs to eyes. Backwards question-mark and drive opponent to the ground. Hammer fist to face and knee followup.
- 3) Rear Bearhug (arms captured) Drop Weight. Foot stomp and/or foot crush; multiple knifehands to groin/elbow strikes/leg raise to groin/drop weight and rear headsmash. Pull arms out for elbow strikes.

BLOCK 7 (Minimum Red Belt Requirements) **to Obtain 2nd Degree Brown Belt**

COUNT KICKS

All previous count kicks

COMBINATIONS

1. Offensive reverse crescent kick, back punch, back round kick, back punch.
2. Offensive Step behind side kick, jump side kick, back punch.
3. Offensive Jump backleg round kick, reverse hook kick, back ridge hand.

SELF DEFENSE – KNIFE DEFENSES

- 1) Defense against #1 angle of attack: Grab arm +- with Kick; point of reference; 3 knees
A) takedown and disarm B) step on foot and break
- 2) Defense against straight stab: turn and block 90degree w/arm; cup with face punch;
transition to point of reference; 3 knees A) takedown and disarm B) step on foot and
break
- 3) Defense against upward stab: grab and control hand; turn towards opponent;
stab/slash/break elbow/ twist w/takedown

FORM

PYUNG-WA (Peace)

JOONBEE: Fist X-block with stand up position.

1. North Double side chops. YELL
 2. Left step right high chop with left twist stance.
 3. Right round kick
 4. Step behind side kick and left back punch.
 5. Right chop down as sliding back slightly with right back stance.
 6. Northeast left to right foot and right step and right chop up with right front stance.
 7. Right step back and left chop down with left back stance.
 8. Northwest right to left foot and left step and left chop up with left front stance.
 9. Left step back and right chop down with right back stance.
 10. South right ridge hand with left front stance. YELL
 11. Right round and tornado kick and right elbow to left palm with horse stance.
 12. Double sissor blocks, Double out blocks, Double Down Blocks, Right punch with left hand resting on right elbow, Reinforced double punch
 13. 180-degree clockwise turn stumping with left heel and high mountain block with horse stance.
 14. Double sissor blocks, Double out blocks, Double Down Blocks, Right punch with left hand resting on right elbow, Reinforced double punch
 15. Counter Clockwise 360-degree jump turn land with right chop block with right back stance.
 16. Left step forward and left chop down with left back stance.
 17. Slide right foot to left foot standing up right with right chop block.
 18. Right hook, round, and side kick combinations, with left elbow strike to right palm with right front stance.
 19. North right to left foot and left elbow push with slide with horse stance.
 20. Left step back right chop block with right back stance with left backpunch. YELL
- GOMAN (END) Bring left foot to right to JOONBEE position.

BLOCK 8 (Minimum) Requirements **to Obtain 1st Degree Brown Belt**

1. Perform all count kicks.
2. Perform all combinations (White Belt through Red Belt)
3. Perform all forms **plus** Might for Right musical form ("Exodus").
4. Perform ALL self-defense techniques WHITE - BROWN
6. Participate in Free Sparring (at least 10 one-minute rounds).

MIGHT FOR RIGHT TO EXODUS FREEDOM FORM—MIGHT FOR RIGHT

Stance: Feet together hands crossed in an X block. Chin level.

1. West left chop block—right back stance.
2. Right back punch.
3. East right chop block—left back stance.
4. Left back punch.
5. North left chop block—right back stance.
6. Right back punch.
7. Slide right foot to left foot, standing, look south and fold right hand on top of left shoulder, left arm across body. Slow right downward chop to eye level.
8. Right side kick, set down in a right back stance with left chop block.
9. North spinning chop ending with a right back punch (fast) and repeat (slow) from a right back stance.
10. Jump to a straddle stance with a “W” block, looking east.
11. South right rising chop block and left chop.
12. Left front kick.
13. Left back fist from a crossed leg stance.
14. Slide into a right back stance, left chop block.
15. Right back punch and pull hand back to a “W” block.
16. Right spinning chop with a right tornado kick. Set down in a straddle stance with a right elbow smash.
17. Right downward chop block from a left back stance.
18. Left back punch (fast) and then repeat (slow).
19. Jump into a straddle stance with a “W” block looking east.
20. North left rising block and right chop to neck.
21. Right front kick.
22. Right back fist.
23. South right foot back standing back stance with the left hand open and extending out slowly from below a crossed over right arm.
24. Back leg round/side kick.
25. Look south as the open right hand is extended out to the right from a straddle stance.
26. Slide left foot to right foot, look north arms crossed at face level.
27. Looking north, break with your wrists at eye level and turning your lower arms at the last second.
28. Turn 180 degrees to the left on the balls of your feet, crossing your legs and your arms a second time. Break a second time, still looking north.
29. North right front stance, left hand groin grab right hand open block across the chest, just below the chin.
30. Right upper block.
31. Left straight punch.
32. Left foot to right foot while bringing both hands into an overhead position, the space between your hands forming a triangle. Look through the triangle.
33. Break with your right fist closed and your left hand open. As your hands reach belt level, bring them together, left over right.

34. Step into a shallow left front stance, with the right leg slightly bent. Left hand starts in front and right hand starts in back, palms down. Slow press block, right moves forward, left backward (both hands turning palm up). Drop the stance quickly and press.

35. Step forward into a right front stance with a low “X” block (fists), a high open hand “X” block and a right/left/right straight punch combination.

36. Step backward into a left front stance with the same hand combinations as in #35.

37. Slide right foot to left foot, left front kick.

38. Right round kick.

39. Right side kick.

40. Left back punch (fast) and repeat (slow).

41. South turn into a right back stance with a double hand block, open left hand low and open right hand high (slowly).

42. Slide the right foot to the left foot and bring hands together into an overhead position. Break hands apart, both hands open. As hands reach shoulder height, pause, then clap them together.

43. Repeat steps 34 through 41.

44. Repeat steps 9 through 22.

45. Bring feet together with hands forming a triangle overhead. Break closing the left hand and keeping the right hand open. Right covers left.

GOMAN (END)

SELF DEFENSE – GUN DEFENSES

1. FRONT HEAD DEFENSE (HIGH): DOVE TAIL DOUBLE GRAB WHILE DROPPING WEIGHT. POINT BARREL TOWARDS OPPONENT; HIT AND PULL; CREATE SPACE
2. FRONT BODY DEFENSE (LOW): TURN BODY, GRAB WEAPON AND PUSH DOWN AND AGAINST BODY. 3 PUNCHES OVER THE TOP; HAND STAYS CLOSE TO BODY DOWN TOWARDS HAMMER. TWIST AND PULL
3. REAR DEFENSE (MID): TWIST W/HAND DOWN; CAPTURE WITH ARM W/ELBOW SMASH. DISARM AND PISTOL HIT WHILE CREATING SPACE

2ND DEGREE BROWN BELT COMBINATIONS

- 1) **Offensive front punch, step lunge punch, reverse spinning backfist, skip front leg roundkick, back palm heel.**
- 2) **Offensive back fist/back punch, back leg axe kick, step through elbow, chop block.**
- 3) **Offensive knife hand chop, step back knife hand chop, reverse hook kick, upblock w/vertical punch (on knee)**

BLOCK 9 (Minimum) Requirements to Obtain 1st Degree Black Belt

FULL REVIEW

1. Perform all count kicks.
2. Perform all combinations
3. JASHIN (CONFIDENCE) KATA

Minimum 1st Degree Brown Belt Requirements to Obtain 1st Degree Black Belt

1. Perform all count kicks.
2. Perform all combinations.
3. Perform all Forms **plus** Marriage of East to West musical form (“Beethoven’s Fifth Symphony”).
4. Perform self defense for holds, grabs, pins, ground, and weapon attacks.
5. Participate in Free Sparring

JASHIN(CONFIDENCE)

- 1) West – Left front stance w/right inner forearm block (yell)
- 2) Right upper forearm block (in same stance)
- 3) Right low back stance double forearm break
- 4) Left cat stance aim w/right fist
- 5) Right low back stance left front punch
- 6) North – feet together (L to RO in a low closed stance
- 7) East – right front stance, left inner forearm block
- 8) Left upper forearm block
- 9) Left low back stance double forearm break
- 10) Right cat stance aim with left fist
- 11) Left low back stance right front punch
- 12) Feet together (R to L) in low closed stance
- 13) North – Left foot step out low back stance left down chop, right low twist stance back punch, slowly slide left foot back to right, high back stance with slow left chop block
- 14) Offensive left leg front kick, right back leg round kick, left reverse hook kick, left front stance, right back punch
- 15) Step back with left foot into a low back stance, open hand down right chop block, left back punch, slowly sliding right foot back into high back stance, right chop block
- 16) Offensive right leg front kick, back left leg round kick, right reverse hook kick, right front stance, left back punch.
- 17) West – High open hand X-block into low open stance, mountain block, step through right chop X-block into low open stance, mountain block, right down block in a left low back stance, back punch (guarding hand on chest)
- 18) East – High open hand X-block into low open stance, mountain block, step through right chop X-block into low open stance, mountain block, right down block in a left low back stance, back punch (guarding hand on chest)

- 19)North – Jump 360 degrees CCW folding arms and tucking legs, land in left back stance right chop block, (yell)
- 20)East – Repeat steps 1-12
- 21)South – Left foot step out into low back stance, left down chop, right low twist stance back punch, slowly slide left foot back to right high back stance w/slow left chopo block
- 22)Right back leg round kick, land right front stance left back punch, left back leg round kick, land left front stance right back punch.
- 23)Step back lwft low back stance, open hand down right chop block, left back punch, slowly sliding back right foot to left into high left back stance right chop block.
- 24)Left back leg round kick, left front stance right back punch (no pivot), right back leg round kick, right front stance left back punch (yell)
- 25)West – Repeat steps 1-11

Instructor: Goman

Student: High open stance, fist X-Block palms facing out moving to mountain block

Requirements For Promotion to 2nd Degree Black Belt

1. Perform all count kicks.
2. Perform all combinations.
3. Perform all Forms **plus** Marriage of East to West musical form (“Beethoven’s Fifth Symphony”).
4. Perform self defense for holds, grabs, pins, ground, and weapon attacks.
5. Participate in Free Sparring
6. Creative 4 station board break

TIME

Min of 24 months (6 4-month midterms required)

Time is the most important aspect of testing for degrees of Black Belt.

FORMS

Palgwe 1 (PALGWE IL CHANG)

- 1) DOWN BLOCK (FRONT STANCE)
- 2) OUTSIDE TO INSIDE BLOCK (FRONT STANCE)
- 3) DOWN BLOCK (FRONT STANCE)
- 4) OUTSIDE TO INSIDE BLOCK (FRONT STANCE)
- 5) DOWN BLOCK (FRONT STANCE)
- 6) OUTSIDE TO INSIDE BLOCK (BACK STANCE)
- 7) OUTSIDE TO INSIDE BLOCK (BACK STANCE)

- 8) PUNCH (FRONT STANCE) YELL
- 9) DOUBLE KNIFE HAND (BACK STANCE)
- 10) INSIDE TO OUTSIDE BLOCK (BACK STANCE)
- 11) DOUBLE KNIFE HAND (BACK STANCE)
- 12) INSIDE TO OUTSIDE BLOCK (BACK STANCE)
- 13) DOWN BLOCK (FRONT STANCE)
- 14) KNIFE HAND CHOP (FRONT STANCE)
- 15) KNIFE HAND CHOP (FRONT STANCE)
- 16) PUNCH (FRONT STANCE) YELL
- 17) DOWN BLOCK (FRONT STANCE)
- 18) OUTSIDE TO INSIDE BLOCK (FRONT STANCE)
- 19) DOWN BLOCK (FRONT STANCE)
- 20) OUTSIDE TO INSIDE BLOCK (FRONT STANCE) YELL
- 21) GOMAN

Palgwe 2 (PALGWE YI CHANG)

- 1) UPPER BLOCK (FRONT STANCE)
- 2) FRONT KICK WITH RIGHT PUNCH (FRONT STANCE)
- 3) UPPER BLOCK (FRONT STANCE)
- 4) FRONT KICK WITH LEFT PUNCH (FRONT STANCE)
- 5) DOUBLE KNIFE HAND DOWN (BACK STANCE)
- 6) DOUBLE KNIFE HAND MEDIUM (BACK STANCE)
- 7) UPPER BLOCK (FRONT STANCE)
- 8) PUNCH (FRONT STANCE) YELL
- 9) UPPER BLOCK (FRONT STANCE)
- 10) FRONT KICK WITH RIGHT PUNCH (FRONT STANCE)
- 11) UPPER BLOCK (FRONT STANCE)
- 12) FRONT KICK WITH LEFT PUNCH (FRONT STANCE)
- 13) DOUBLE HAND LOW BLOCK (BACK STANCE)
- 14) DOUBLE HAND MEDIUM BLOCK (BACK STANCE)
- 15) OUTSIDE TO INSIDE BLOCK (BACK STANCE)
- 16) PUNCH (FRONT STANCE) YELL
- 17) UPPER BLOCK (FRONT STANCE)
- 18) FRONT KICK WITH RIGHT PUNCH (FRONT STANCE)
- 19) UPPER BLOCK (FRONT STANCE)
- 20) FRONT KICK WITH LEFT PUNCH (FRONT STANCE) YELL
- 21) GOMAN

Palgwe 3 (PALGWE SAM CHANG)

- 1) DOWN BLOCK – STEP PUNCH (FRONT STANCE)
- 2) DOWN BLOCK - STEP PUNCH (FRONT STANCE)
- 3) DOWN BLOCK (FRONT STANCE)
- 4) UP BLOCK (FRONT STANCE)
- 5) UP BLOCK (FRONT STANCE)
- 6) PUNCH (FRONT STANCE) YELL
- 7) DOUBLE KNIFE HAND (BACK STANCE)
- 8) DOUBLE KNIFE HAND (BACK STANCE)
- 9) DOUBLE KNIFE HAND (BACK STANCE)
- 10) DOUBLE KNIFE HAND (BACK STANCE)
- 11) INSIDE TO OUTSIDE BLOCK (BACK STANCE)
- 12) INSIDE TO OUTSIDE BLOCK (BACK STANCE)
- 13) OUTSIDE TO INSIDE BLOCK (BACK STANCE)
- 14) OUTSIDE TO INSIDE BLOCK (BACK STANCE)

- 15) OUTSIDE TO INSIDE BLOCK , INSIDE TO OUTSIDE BLOCK (BACK STANCE)
- 16) UP BLOCK (FRONT STANCE)
- 17) PUNCH (FRONT STANCE)
- 18) UP BLOCK (FRONT STANCE)
- 19) PUNCH (FRONT STANCE) YELL
- 20) GOMAN

Palgwe 4 (PALGWE SA CHANG)

- 1) DIAMOND MOUNTAIN BODY BLOCK, UPPERCUT, KNIFE HAND CHOP (BACK STANCE)
- 2) DIAMOND MOUNTAIN BODY BLOCK, UPPERCUT, KNIFE HAND CHOP (BACK STANCE)
- 3) DOUBLE KNIFE HAND CHOP (BACK STANCE)
- 4) BACK LEG FRONT KICK (FRONT STANCE)
- 5) SPEAR HAND THRUST (FRONT STANCE)
- 6) TURN, PIVOT, HAMMER FIST (FRONT STANCE)
- 7) PUNCH (FRONT STANCE) YELL
- 8) DIAMOND MOUNTAIN BODY BLOCK, UPPERCUT, KNIFE HAND CHOP (BACK STANCE)
- 9) DIAMOND MOUNTAIN BODY BLOCK, UPPERCUT, KNIFE HAND CHOP (BACK STANCE)
- 10) DOUBLE KNIFE HAND CHOP (BACK STANCE)
- 11) BACK LEG FRONT KICK (FRONT STANCE)
- 12) SPEAR HAND THRUST (FRONT STANCE)
- 13) TURN, PIVOT, HAMMER FIST (FRONT STANCE)
- 14) PUNCH (FRONT STANCE) YELL
- 15) DOWN BLOCK (BACK STANCE)
- 16) SHIFT PUNCH (FRONT STANCE)
- 17) DOWN BLOCK (BACK STANCE)
- 18) SHIFT PUNCH (FRONT STANCE) YELL
- 19) GOMAN

Koryo

- 1) PASSIVE STANCE, RAISING BOTH HANDS, PALMS OUTWARD, UP TO FACE LEVEL. SLOWLY PUSH HAND FORWARD, CONTROLLING BREATH (TONGMILGI JOONBEE)
- 2) DOUBLE KNIFE HAND BLOCK
- 3) LOW, HIGH SIDEKICK
- 4) KNIFE HAND CHOP, PUNCH, OUTSIDE TO INSIDE BLOCK)
- 5) DOUBLE KNIFE HAND BLOCK
- 6) LOW, HIGH SIDEKICK
- 7) KNIFE HAND CHOP, PUNCH, OUTSIDE TO INSIDE BLOCK)
- 8) FRONT STANCE DOWN CHOP, RIGHT HAND TIGER MOUTH STRIKE
- 9) RIGHT FRONT KICK
- 10) RIGHT LOW DOWN CHOP BLOCK, LEFT TIGER MOUTH (HIGH)
- 11) LEFT FRONT KICK, LEFT TIGER MOUTH (HIGH) YELL
- 12) RIGHT FRONT KICK, LEFT HAND KNEE BREAK
- 13) PIVOT CLOCKWISE ASSUMING A RIGHT FRONT STANCE. EXECUTE A WEDGE BLOCK, PALMS OUTWARD
- 14) LEFT FRONT KICK. ASSUME A LEFT FRONT STANCE. EXECUTE A KNEE BREAK (STRIKE KNEE W/RIGHT HAND)

- 15) DRAW LEFT FOOT BACK, ASSUMING A LEFT WALKING STANCE. EXECUTE A WEDGE BLOCK, PALMS OUTWARD.
- 16) PIVOT ON LEFT FOOT, TURNING CLOCKWISE ASSUME A HORSE BACK STANCE. LEFT INSIDE TO OUTSIDE KNIFE HAND BODY BLOCK. PLACE RIGHT FIST ON RIGHT HIP.
- 17) LEFT HAND CHOP WITH RIGHT FIST PUNCH. RIGHT ARM IS EXTENDED FULLY AT THE IMPACT OF THE STRIKE.
- 18) RIGHT FOOT CROSSES IN FRONT OF THE LEFT TO MAKE A CROSSED STANCE. EXECUTE A LEFT SIDE KICK. ASSUME A RIGHT FRONT STANCE. EXECUTE A LEFT GROIN GRAB.
- 19) KEEPING FEET FIXED, RIGHT DOWN BLOCK W/LEFT REAR INSIDE TO OUTSIDE BLOCK.
- 20) STEP INTO LOW BACK STANCE W/LEFT PALM HEEL PRESSING BOCK BLOCK. STEP W/RIGHT FOOT INTO A HORSE STANCE. EXECUTE A REINFORCED RIGHT ELBOW STRIKE.
- 21) RIGHT HAND CHOP WITH LEFT FIST PUNCH. LEFT ARM IS EXTENDED FULLY AT THE IMPACT OF THE STRIKE.
- 22) LEFT FOOT CROSSES IN FRONT OF THE RIGHT TO MAKE A CROSSED STANCE. EXECUTE A RIGHT SIDE KICK. ASSUME A LEFT FRONT STANCE. EXECUTE A RIGHT GROIN GRAB.
- 23) KEEPING FEET FIXED, LEFT DOWN BLOCK W/RIGHT REAR INSIDE TO OUTSIDE BLOCK.
- 24) STEP INTO LOW BACK STANCE W/RIGHT PALM HEEL PRESSING BOCK BLOCK. STEP W/LEFT FOOT INTO A HORSE STANCE. EXECUTE A REINFORCED LEFT ELBOW STRIKE.
- 25) BRING LEFT FOOT INWARD TO ATTENTION STANCE, RAISE BOTH HANDS ABOVE THE HEAD IN A CIRCULAR MOTION, BRING THEM TO WAIST LEVEL. LEFT HANDS MAKES A FIST AND RESTS ON THE OPEN RIGHT HAND IN FRONT OF THE ABDOMEN.
- 26) TURN 180 DEGREES IN CCW DIRECTION. ASSUME A LEFT FRONT STANCE. EXECUTE A LEFT KNIFE HAND STRIKE FOLLOWED BY A LEFT LOW KNIFE HAND BLOCK.
- 27) ADVANCE TO A RIGHT FRONT STANCE. EXECUTE A RIGHT KNIFE HAND STRIKE, FOLLOWED BY A RIGHT LOW KNIFE HAND BLOCK.
- 28) ADVANCE TO A LEFT FRONT STANCE. EXECUTE A LEFT KNIFE HAND STRIKE, FOLLOWED BY A LEFT LOW KNIFE HAND BLOCK.
- 29) ADVANCE TO A RIGHT FRONT STANCE. ASSUME A RIGHT FRONT STANCE WITH A RIGHT TIGER MOUTH STRIKE (YELL)

PIVOTING ON THE RIGHT FOOT, RETURN TO THE READY STANCE. PLACE THE HANDS AS IN THE BEGINNING OF THE POOMSE

ATTENTION
BOW

Beethoven's 5th Symphony

MARRIAGE OF EAST and WEST

with music ("Beethoven's Fifth Symphony")

1. Cross forearms to V.
2. Right kicking step to right punch.
3. Right cross step to 180 degrees left turn, low chop block.
4. Back step high chop.
5. Left straight punch.
6. Front leg front kick.
7. Back leg round kick.

8. Right straight punch.
9. Step forward to a right, high chop block.
10. Step back to a left, high chop block.
11. Right straight punch.
12. Left jump front leg front kick.
13. High twin vertical punch.
14. Cross forearms to V.
15. 180-degree left turn to back stance with a left chop block.
16. Back chop with forward step.
17. 360-degree left turn to back stance, high left chop block..
18. Straight punch.
19. 180-degree right turn to back stance, high chop block..
20. Back chop with forward step.
21. 360-degree right turn to back stance, block, right chop block.
22. Straight punch.
23. Step forward straight punch.
24. Step back to back stance down left chop block.
25. Step to heel then right front temple chop.
26. Step back to back stance down left chop block.
27. Step to heel then left front temple chop.
28. Step back right down chop block.
29. Turn head slowly 180 degrees.
30. Back ridge hand.
31. Back round kick.
32. Tornado kick to right elbow smash.
33. Fifth block.
34. 360-degree jump turn to right high chop block.
35. Left hand back slap.
36. Back crescent kick to straddle stance and elbow smash.
37. High/low block.
38. Back press block (slow—left fist by chin).
39. Back press block (slow, right fist by chin).
40. Feet together, right step to 180 degrees left turn.
41. Right inside circle block (as turning, step and left down chop block forward).
42. Left inside circle block.
43. Step forward, left high chop block.
44. Right back punch.
45. Left high chop block.
46. Step back high chop block.
47. Step back high chop block.
48. Back round kick.
49. Back round kick.
50. Front high chop block.
51. Step forward, high chop block.
52. Back punch.
53. High chop block. High chop block.
54. 180-degree left turn to straight arm chop.
55. Double parallel punch to right.
56. Turn 180 degrees to straddle stance mountain block.
57. Fifth block.
58. Double parallel punch.

59. Step with left foot 180 degrees, right high chop with left rising chop block.
60. Back round kick.
61. Push elbow landing in right back stance at 180 degrees.
62. Push elbow.
63. Down chop block.
64. Left high chop with right rising chop block.
65. Back round kick.
66. Push elbow landing in right back stance at 180 degrees.
67. Chop block down.
68. Back round kick, step behind side kick.
69. Feet together, cross forearms to V.

ADVANCED KNIFE DEFENSES KNIFE KATA1-8

NOTE: HOLD KNIFE IN A “HAMMER” POSITION FOR THIS DRILL.

- 1) DEFEND WITH THE BACK OF THE HAND. GRAB PAD OF HAND. STRIP THE “BUTT” OF THE KNIFE IF IT IS AVAILABLE. TWIST ARM CLOCKWISE WITH KNIFE ON THE THROAT.
- 2) DEFEND WITH #1, BUT WE DON’T HAVE THE BUTT TO WORK WITH. TURN KNIFE UP TO 12:00 POSITION AND PUT FOREARM ON BLADE AND STRIP FORWARD.
- 3) DEFEND WITH #2, BUT WE CAN’T STRIP FORWARD. GRAB BLADE WITH YOUR RIGHT HAND; BUT FLESH IS NOT ON THE BLADE. STRIP FORWARD.
- 4) DEFEND UP TO #3, BUT NOW WE DO A STRAIGHT FORWARD “THUMB STRIP”. KEEP THE PAD OF THE HAND TO BREAK UP GRIP. MY LEFT HAND “ROLLS” THEIR THUMB TO CAUSE PAIN. STRIP FORWARD WITH THE THUMB. WE CAN EJECT OR KEEP THE KNIFE.
- 5) DEFEND UP TO #4. NOW MY RIGHT HAND GOES “UNDER” THEIR WRIST (SO I DON’T LOSE THE PAD) AND I GRAB THE PAD WITH MY RIGHT HAND AS I TWIST THEIR WRIST CLOCKWISE. MY LEFT FOREARM NOW STRIPS FORWARD. (STRAIGHTEN THEIR ARM OUT WHEN STRIPPING.
- 6) DEFEND UP TO #5. GRAB HIS HAND AND PUSH STRAIGHT FORWARD IN TO THE BODY, OR STRIP THE KNIFE AWAY ON THE KIDNEY.
- 7) DEFEND UP TO #6. CONTINUE WITH A CLOCKWISE WRIST TWIST TO A WRIST BEND. (KEEP THEIR ARM LOCKED OUT)

- 8) DEFEND UP TO #7 AND NOW PUT YOUR HEAD ON THEIR ELBOW (TO PROTECT AGAINST A PUNCH) AND DISARM STRAIGHT AWAY.

2 ON1 DEFENSES

1) **CIRCLE OF DISTRUCTION**: DEFENDER IN THE MIDDLE. ALL FACING THE SAME WAY. DEFENDER CHOPS TO NECK OF ATTACKER ON THE RIGHT AND ALSO GOES HAMMERFIST TO THE GROIN. DEFENDER THEN GRABS HIS SHOULDERS AND SPINS AROUND WHILE THROWING ATTACKER #1 OUT. LEFT STEPPING SIDEKICK TO ATTACKER #2

2) **RICCOCHETT**: DEFENDER IN THE MIDDLE, FACING ATTACKERS. DEFENDER CHOPS TO RIGHT #2 ATTACKERS NECK STEPS AND BOUNCES OFF HIS FACE INTO A PALM-HEEL TO ATTACKER #1'S NOSE; BACK FIST/PALM HEEL TO ATTACKER #2 ; REVERSE SIDEKICK TO #1 AND A SPINNING BACKFIST ALSO TO ATTACKER #1.

PRESSURE POINTS

- 1) **BEHIND EAR** – THUMB TIP, IN AND UPWARDS (SUPPORT BACK OF HEAD)
- 2) **UNDER THE NOSE**
- 3) **SIDE OF NECK** – HITTING WITH FLAT OF FOREARM (KNIFEHAND WILL DO MUCH MORE DAMAGE BY PUTTING SMALLER STRIKING SURFACE) TAKES LEGS OUT
- 4) **STERNAL NOTCH** (SOFT SPOT) NOT STRIKING IT!! TOO MUCH DAMAGE! IN AND DOWNWARDS (THROAT PUSH)
- 5) **COLLAR BONE** – MORE SENSITIVE CLOSER TO CENTER OF BODY THAN FURTHER OUT. 2 OR 3 FINGERS IN AND DOWN
- 6) **BICEP TENDON** – OVER BY SHOULDER, RIGHT OFF OF THE BONE. MORE EFFECTIVE PUNCHING THERE
- 7) **FUMERIAL TRIANGLE** - INSIDE THE HIP SOCKETS. TAKE BOTH HANDS AND REACH DOWN INTO YOUR HIP SOCKETS AND FIND SENSITIVE SPOT. HIT STRAIGHT INTO THIS OF YOUR PARTNER. IF YOU HIT IT CORRECTLY YOU CAN IMMOBILIZE THE LEG.
- 8) **SIDES OF THE KNEECAP** – GO TO THE KNEECAP AND COME UP AN INCH, AND OVER AN INCH AT A 45 DEGREE ANGLE. JUST ABOVE THE KNEE. PINCHING WORKS, BUT HITTING DOES MUCH MORE. SAME GOES FOR THE OUTSIDE OF THE KNEECAP, BUT IT'S USUALLY NOT AS SENSITIVE AT THE INSIDE.

BLACK BELT COMBINATIONS

- 1) **360 reverse hook kick, back round kick, reverse hook kick, back punch**

- 2) jump back sidekick, reverse sidekick, back punch
- 3) front palm press block, back punch, back leg axe kick, back reverse hook kick, back ridge hand.

COUNT KICK

6 COUNT DOUBLE ROUND/ DOUBLE SIDE KICK

For Promotion to 3rd Degree Black Belt

TIME

36 months

Time is the most important aspect of testing for degrees of Black Belt.

FORMS

Palgwe 5,6,7, and 8; Beauty of Mexico to Granada

THESIS

FAMILY MARTIAL ARTS!!

**ONE + ONE = THE ENTIRE
FAMILY!!!!!!**

FOLKS, REMEMBER THAT

**ALL OF OUR MEMBERSHIPS ARE
“FAMILY” MEMBERSHIPS
MEANING THAT
WHEN ANY TWO MEMBERS OF
YOUR FAMILY JOIN OUR
MARTIAL ARTS PROGRAM, THE
REST OF THE FAMILY IS
INCLUDED FOR NO EXTRA
MONTHLY CHARGE!!!**

SO MOM'S AND DADS; BROTHERS AND SISTERS; JOIN THE OTHER FAMILIES THAT YOU SEE ON THE FLOOR AND EARN YOUR BLACK BELTS TOGETHER!!!