



RED/BLACK BELT

1ST KUP

2/15/2024

CORE CONCEPTS

FORMS

PALGWE 7 (SPIRITUAL SIDE OF THE MOUNTAIN):

1. First move after Jhoonbi - center left foot into right and chamber fists above the head in an "X", then step into left front stance double down blocks - need to be able to see under the chamber when hands are in the "X"
2. Land blocks and/or strikes when kick lands into stance
3. When doing punch after low or middle knifehand blocks - only do a partial center with feet (enough to get around foot) and then punch from hand at solar plexus chamber position (do not fully retract and then punch)
4. When doing side kicks to the side, bring hands into fighting position (both sides)
5. When doing low X block then high X block - hands are in closed fist position on both blocks

BASSAI (BREACH THE FORTRESS):

1. Proper Counts for Slower Motions: 12 Counts for begining and ending flare, 6 counts for lunge forward into X stance
2. During first outside and inside forearm blocks, make sure to include natural block when chambering
3. Make sure to do a natural block before horse stance knifehand strike, and extend low punches before doing back fists
4. Bring left foot into right foot before stepping into 3 forward middle knifehand block section
5. Make sure to do reinforced high block above your head (regular high block height)
6. After floor sweep, make sure to quickly role over left hip before executing right floor side kick
7. After butterfly kick, stop double swallow neck strikes at target - do not flow throw the strike to the clearing motion
8. Crescent blocks are done slightly to the angle - then U shape punch is done straight on (targets: nose and lower abdomen)
9. Bring feet together and "punch - punch" NOT "switch - switch"
10. Get low enough in side stance low rolling back fist so that you could actually strike someone on the ground

SPECIALTY KICKS

360 KICKS - BACK TURNING:

1. Remember the Basics - what works for executing proper technique on the ground is also true for in the air
2. Keep your eyes up - focusing on the target - once the eyes drop the kick will drop and be off balance
3. Turn front foot inward and place weight on it as you turn. As you turn, keep knee underneath you and raise it as you face forward - this is also called cutting the corner with knee. Do not swing knee out wide when you turn forward
4. Replace your feet, do not drift from one side or the other, and remember that front foot will always be the kicking foot
5. Understand proper placement of the base foot when your are in the air and when landing

COMBINATIONS

CREATE 2 SPARRING COMBOS - OFFENSIVE & DEFENSIVE:

1. Offensive Combo should flow and create viable openings, and has the ability to score (3-6 techniques)
2. Defensive Combo should be created to defend the Offensive Combo you created
3. Individual techniques that make up the combos should make sense and be placed in an order that works and will score
4. Be creative, have fun with it, and try not to duplicate combos that have already been given to you

NOTES



RED/BLACK BELT

1ST KUP

SELF DEFENSE

JIU JITSU GROUND TRANSITION DRILL:

1. Keep hands on hips when dropping elbow on inside thigh nerve and passing guard
2. When transitioning from Passing Guard, to Side Mount to Full Mount, to Scarf Pin #1 - take your time and struggle a bit with your partner, and keep chest to chest (do not sit up in between positions)
3. Scarf Pin #1 is executed in Side Mount #1 position
4. When doing leg arm bar, grab wrist with the palm out and fingers down, pull head up and put your temple to their temple
5. Scarf Pin #2 and #3 - Pull head up and stay temple to temple, be chest to chest and on your toes with legs out

GROUND ATTACK & ESCAPE:

1. Two Hand Front Choke, Inside Guard Position
 - a. Once you hit your back: tuck your chin immediately, cross your arms and grab the outside of attacker's hands and start peeling them inward, and start moving your body backward - Do not let go of their hands, keep pulling
 - b. Lift up your hips and also lift up your elbows, drop your hips down to the ground at the same time you drop your elbows down onto attacker's forearms - do this multiple times if needed
 - c. Turn hips to one side or the other, place bottom foot on the base of the knee of the attacker, kick their knee out from underneath them - causing them to fall down to the ground
 - d. With your top foot, up kick their face (multiple times if needed) and then get out

JUDO

THROWING:

1. Shoulder Throw
 - a. Start from Judo Stance #1 - your front foot will check Uke's front foot to get them to step back
 - b. As you step in - drop weight, turn your hips away from Uke, heels are close together with feet pointed out (duck feet)
 - c. As you turn, bring your right arm underneath the right arm of your Uke - keep your right hand high and keep the Uke's right arm over the top of your right shoulder, do not let it slide down to the side of your shoulder
 - d. Keep your weight and hips low, stick your hips and rear end backward into Uke - placing their weight onto your hips
 - e. The throw direction is over the top of your shoulder and not to the side
 - f. Be Careful with your Uke - their safety is first when executing this throw

NOTES