

CORE CONCEPTS

FORMS

PYONG FORM 2:

1. At start of form, keep L-Stance solid through first 2 motions & again on the other side
2. Pull front foot back & chamber facing target before doing horse stance side punch (same on other side)
3. Crane Stance: Right foot raises up in figure 4 position (foot pulled back), right hand in low natural block position. Base foot faces the side first, then pivots so that heel faces target when side kick chambers
4. Pay close attention to series going toward the back - block (angle), snap kick (angle), then punch (forward) - done twice
5. Last Movements: Face the side for down block twist open hand high block, then step to 45° angle for regular high block (make sure there is a difference between these two)

BASICS

(Blocks Start Left, Strikes Start Right)

BLOCKS, STRIKES, & STANCES:

1. Horse Stance Side Punch (See below for stance position)
 - a. Horse Stance: Feet are parallel & double shoulder width apart, Toes point the same direction as chest
 - b. Center: Hips forward while stepping out, hands in natural block position then twist to side when landing feet & punch at the same time. Punch comes from hip, not chest
 - c. Target is solar plexus
2. L - Stance Middle Knife Hand Block
 - a. Hands open, thumbs tucked, wrist straight
 - b. Back hand blocking low attack, front hand up protecting face, palm by cheek
 - c. Back hand rotates to the solar plexus, palm up, Front hand rotates to blocking position in front.
 - d. Blocking Position Check: Do an Outside Forearm Block, open up your hand, and turn outward
3. Front Stance Spear Hand Thrust
 - a. Hands open, thumbs tucked wrist straight
 - b. Chamber: Striking hand at shoulder with elbow up
 - c. Back hand clears to horizontal position. Strike the lower abdomen with the hand vertical

4. Double Forearm Block ("Reinforced" Block)

- a. Chamber: Knuckle to knuckle with fist palms down
- b. Front Stance: Front hand rotates to outside forearm block, back hand horizontal with fist palm towards the body
- c. L - Stance: Front hand rotates to outside forearm block, back hand pinkie rests on the inside of the elbow, back arm stays close to the body

KICKS & FOOTWORK:

1. Back Kick
 - a. Foot Position: Foot pulled back, toes down, strike with heel
 - b. Chamber: Knee comes directly underneath the body, hips push toward target
 - c. Chin tucks to shoulder, back to opponent
 - d. Keep leg tucked close to the body
 - e. Retract back to where kick started, behind you
2. Back Leg Inside Crescent Block
 - a. Foot Position: Foot pulled back with the pinkie side of the foot extended forward (Known as: Crescent Foot)
 - b. Leg comes up like a stretch kick then turns sideways at the apex of the kick
 - c. Leg folds after the apex of the kick and retracts to the supporting leg's knee
3. Jump Scissor Kick
 - a. Back knee lifts quickly to help get height for the kick. Other leg kicks on the jump snap kick
 - b. Think "Jump Up" not "Jump Forward"





YELLOW BELT

10TH KUP

COMBINATIONS

KICK:

1. Back Leg Inside Crescent Block, Step Behind Side Kick, Turn Back Kick
 - a. Clear guard for straight combo attack
 - b. Turn hips forward to set up correctly for the crescent block - set down block in front to set up side kick
2. Turn Back Kick, Back Leg Roundhouse, Front Leg Jump Scissor Kick
 - a. 3 Concept Combo: Back turning, circular, and straight attack
 - b. Chamber back kick back to where it started in order generate power for the roundhouse
 - c. Set roundhouse down in front - then lift back knee up so you can kick with the front leg on scissor kick

OFFENSE:

1. Step in Front, Front Leg Roundhouse, Turn & Step Out, Front Hand Back Fist, Reverse Punch, Back Leg Roundhouse
 - a. New footwork, creating openings with varying height of attacks
 - b. After the first roundhouse, your partner probably will be moving backward - when you turn, make sure to step out when executing the backfist, reverse punch, roundhouse (cover the needed distance to score)
2. Front Hand Back Fist, Turn Back Kick, Reverse Punch, Back Leg Roundhouse
 - a. Creating Openings with varying height of attacks
 - b. Chamber back kick back to start position to generate power as you step into the reverse punch then roundhouse

DEFENSE:

1. Tuck / Turn, Back Kick
 - a. Use front hand to do Tuck/Roll block. Block with front hand, as you place your weight on the front foot. Turn front foot slightly in as you block to allow the hips to slightly turn
 - b. Back kick is done quickly right after the tuck block
 - c. Good for attacks coming from the side (roundhouse, hook kick, etc.)
2. Circle Step, Front Hand, Low / High Hook Punch
 - a. Avoid straight attack followed by two height combo (best from open stance)
 - b. Bend knees in order to throw first hook punch at proper height - don't bend at waist and put your face in danger
 - c. Remember proper hand positions for low hook punch (hand horizontal) and then high hook punch (hand vertical)

SELF DEFENSE

CONCEPT: NATURAL BLOCK

1. Thumbs are weak because of natural block rotation
2. Chamber to the waist palm up continues to work against thumb
3. Circle step away and land to the 45° angle away from attacker, Do not circle step all the way to 90°

NOTES