



YELLOW/WHITE BELT

11TH KUP

10/02/2023

CORE CONCEPTS

FORMS

PYONG FORM 1 (PEACE & CONFIDENCE):

1. Form is presented in an "I" pattern, much like Basic Form 1
2. Chamber on the inside before backfist (target should be face high)
3. When twisting from down block to open hand high block, switch front stance toward right, then back to front
4. Watch chambering for low knife hand block, your back hand should be face high

BASICS

(Blocks Start Left, Strikes Start Right)

BLOCKS, STRIKES, & STANCES:

1. Front Stance High Block
 - a. Chamber: Underneath the natural block with hand in fist palm upward
 - b. Hand rotates pinkie up, arm angled above the head. Block should be at least 3 - 4 inches above head.
 - c. Blocking with center of forearm
2. L - Stance Low Knife Hand Block
 - a. Hands open, thumbs tucked in
 - b. Chamber: Back arm behind body at 90° angle with palm out at face height, blocking hand open palm in protecting the face
 - c. Back hand rotates to the solar plexus with open palm up, front hand drops to down block position with open palm down, both wrists straight
3. Outside Forearm Block
 - a. Chamber: Under the natural block with fist palm down and hand by opposite waist
 - b. Extension rotates on the outside of the natural block
 - c. Stops at face height within the body framework with palm towards body
4. Inside Forearm Block
 - a. Chamber: Fist palm backwards at face height, elbow back at 90° angle
 - b. Finishes past centerline of body with fist palm in at face height

KICKS & FOOTWORK:

1. Roundhouse
 - a. Foot Position: Foot and toes pointed
 - b. Chamber: Knee bent, turn knee and hip horizontal, point knee slightly past target
 - c. Fold - Kick - Fold
 - d. Body pulls upright toward the kick
 - e. Base foot heel toward target - at least 45° angle
2. Side Kick (Front Leg)
 - a. Foot Position: Foot pulled back, toes down, strike with heel
 - b. Chamber: Tucks underneath the body, slightly out to the side, shoulder tucks to the chin
 - c. Base foot heel toward target
 - d. Hips and foot rotate over with toes down on extension
 - e. Kick extends from hip, not the knee
3. Circle Step Footwork
 - a. Drive off back foot straight to end position
 - b. Front foot pulls back slightly in when landing
 - c. Use this in defense against a straight in attack
4. Hapkido Footwork
 - a. Chamber: Hands to the back hip with front hand on top, palms towards each other
 - b. First step is small right next to the other foot, second step is larger - focus on body doing circular motions
 - c. Land in Fighting Stance, NOT L - Stance



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COMBINATIONS

KICK:

1. Skip In, Front Leg Snap Kick, Back Leg Roundhouse
 - a. Close the distance with front leg attack
 - b. As you skip in, take your back foot and kick your front foot up to execute the front snap kick
2. Back Leg Roundhouse, Step Behind, Front Leg Side Kick
 - a. Drive back with roundhouse attack switch to straight attack
 - b. As you turn your base foot to execute the roundhouse, keep the base foot in the same position as you step behind for the side kick

OFFENSE:

1. 1 - 2 Punch, Back Leg Roundhouse
 - a. Attacking when opponent is close with straight attack switching to round attack
 - b. As hips turn forward to execute the reverse punch, throw the roundhouse right after the reverse punch (do not bring hips back to fighting stance before throwing the roundhouse)
2. Back Fist & Step Behind (Same Time), Front Leg Side Kick
 - a. Timing is "one and" high then low attack, driving them back
 - b. As you throw the front hand backfist, step your back foot behind your front foot to set up the side kick

DEFENSE:

1. Circle Step & Jab (Same Time), Front Leg Side Kick
 - a. Avoid and go, utilizing angles
 - b. As the back foot starts to circle step, throw the jab
 - c. Land the circle stepping foot with heel facing partner to be in a position to quickly throw the side kick
2. Lunge Away, Driving Reverse Punch
 - a. Avoid and go, for close attack
 - b. Weight shifts to back foot (head back), which generates power to quickly strike back into opponent

SELF DEFENSE

CONCEPT: CIRCLES WORK

1. Use body weight through hip & body rotation
2. On wrist circle escape, pull away and turn hand down. As you circle up - finish by turning hand toward attacker (knife hand block position - can use other hand to assist the escape)
3. When escaping, step away from attack, getting attacker's arms straight - and putting them off balance

NOTES