



WHITE/YELLOW BELT

12TH KUP

10/02/2023

CORE CONCEPTS

FORMS

BASIC FORM 1:

1. Form is presented in an “I” pattern
2. Step to a 45° angle, then turn your hips forward, when changing directions
3. Always center while moving forward in front stance
4. After KIHOP, place weight on front foot and use back foot to turn
5. Slow down and land each motion (count “one - one thousand... and so forth”)

BASICS

(Blocks Start Left, Strikes Start Right)

BLOCKS, STRIKES, & STANCES:

1. Natural Block
 - a. Hand in fist with palm down, pinkie out, chamber hand at waist, fist palm up
 - b. Forearm angled in front of body, hand at shoulder height
2. Front Stance (See Stances Section)
 - a. Step to 45 degree corner, front knee bent, back knee straight
 - b. Feet two shoulder widths apart
 - c. Weight centered, feet & hips point forward
3. Front Stance Down Block
 - a. Chamber: Inside of natural block, palm in, face high
 - b. Block in front of body in a downward sweeping motion
 - c. Hand stops inside the knee, land block with stance
4. Front Stance Middle Punch
 - a. Fist at waist, palm up, other hand in natural block
 - b. Natural block chambers to waist, punching hand twists and ends with the fist palm down
 - c. Target is generally the solar plexus
5. L - Stance (See Stances Section)
 - a. Knees bent & pushed out over the feet
 - b. Front foot lined up with back of the heel of back foot
 - c. Weight centered
 - d. Do not pivot front foot before stepping
 - e. After centering, back foot pivots when stance lands
6. Straight Leg L - Stance (See Stances Section)
 - a. Front foot lined up with back of the heel of back foot
 - b. Heels are 4 - 6 inches away from each other
 - c. Same time (both feet), pivot on the balls of your feet

7. Jab

- a. Target at the nose
- b. Elbow down as fist extends
- c. Fist rotates down before contact

8. Back Fist

- a. Fist is in a vertical position
- b. Strikes with back side of the first two knuckles
- c. Target is generally the temple

9. Reverse Punch

- a. Target is generally the solar plexus
- b. Back foot twists onto the ball of the foot, knee bent pointing down, hips rotate to the front
- c. Fist rotates palm down before impact

KICKS & FOOTWORK:

1. Back Leg Stretch Kick

- a. Foot Position: Foot & Toes Pointed
- b. Hips rotate forward
- c. Leg locks underneath the body and swings up

2. Back Leg Snap Kick

- a. Foot Position: Foot extended with toes pulled back
- b. Chamber: Knee folded straight up & down in front
- c. Hips rotate forward
- d. Fold - Kick - Fold
- e. Leg extends to strike with ball of foot, then retracts

3. Skip Away / Skip In Footwork

- a. Hips stay sideways in the fighting stance
- b. Front foot moves first when skipping away, back foot first when skipping in
- c. When skipping back, keeps hips, shoulders, and head in alignment - do not lean head forward and shoot feet and hips back



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COMBINATIONS

OFFENSE:

1. Back Leg Snap Kick, Front Hand Back Fist, Driving Reverse Punch
 - a. Attacking when opponent is at a distance
 - b. Land back fist while you are putting foot down on snap kick
2. 1 - 2 Punch, Back Leg Snap Kick
 - a. Attacking when opponent is close
 - b. As you are pulling back the reverse punch, start your snap kick

DEFENSE:

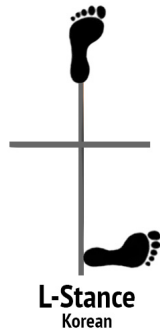
1. Skip Away / Skip In, Front Leg Snap Kick, 1 - 2 Punch
 - a. Avoiding a distant attacker
 - b. As you skip back in, pull front knee up into the snap kick chamber
 - c. As the snap kick foot sets down, jab should be landing
2. Cover Up, 1 - 2 Punch, Cover Up
 - a. Defense for close attacker
 - b. Cover up does not lean back. Bring head into hands and elbows tuck into sides
 - c. Target for jab is nose, target reverse punch is body

SELF DEFENSE

CONCEPT: THUMBS ARE WEAK

1. Take away opponents leverage and give it to yourself by anchoring elbow against side
2. Hip twist, skip away and end in a fighting stance, & KIHOP
3. With all self defense, pay attention to distance, fighting stance, & KIHOP

STANCES



NOTES