



RED/WHITE BELT

2ND KUP

2/15/2024

CORE CONCEPTS

FORMS

TAEGEUK FORM 8 (EARTH):

1. After L-Stance, double forward block, extend right arm into front stance reverse punch - do not retract before punch
2. Hands come to fighting position when doing jump scissor kick at the beginning and at the end
3. Uppercut, after high block & down block motion, lands on the inside of natural block
4. At the end, make sure to do left snap kick THEN do a right jump scissor kick - do not jump and do them both in the air
5. At the end, keep Elbow, Backfist, Punch as separate moves - do not flow them into one another
6. When changing directions at the end, right foot comes in and then right foot steps back out into L-Stance

SPECIALTY KICKS

180 KICKS - BACK TURNING:

1. Remember the Basics - what works for executing proper technique on the ground is also true for in the air
2. Jump off both feet - do not put weight onto front foot and jump off front foot only
3. Do not double jump prior to executing kick
4. Jump "UP" - be careful not to drift forward or backward
5. Understand Distancing & Targeting while executing each kick

COMBINATIONS

SWEEP COMBINATIONS:

1. 180 Back Swing Kick to 180 Floor Sweep
 - a. Use momentum of Swing Kick to add speed and power to the Floor Sweep
 - b. Execute Floor Sweep from knee and hands on the floor, not your hip
 - c. Treat the apex of the Floor Sweep like the apex of the Swing Kick - pull hip and bum muscles from 45° to 45°
2. Drop, Back Leg Forward Circular Sweep to Butterfly Kick
 - a. From fighting stance, when dropping down, place your front hand behind you to balance while you are sweeping
 - b. Spin on ball of foot, execute sweep much like a power roundhouse motion (toes pulled back)
 - c. Once sweep is executed, stand up and keep turning body all the way around toward the front before lifting knee up for Butterfly Kick

NOTES



RED/WHITE BELT

2ND KUP

SELF DEFENSE

JIU JITSU OFFENSIVE POSITIONS & SUBMISSIONS:

1. Full Mount
 - a. Straddle Uke and keep your weight on their hips, hook heels behind back of Uke's legs for stability and balance
 - b. If needed, lift Uke's head up to prevent bridging
2. Arm Bar
 - a. When spinning around from mount to on your back, do not let go of arm and place hands on the ground for balance
 - b. When executing Arm Bar, tuck bum close to upper shoulder, grab Uke's hand with your thumb up and their thumb up
 - c. Lift your hips up when pulling down on Uke's arm
3. Pass Guard #1
 - a. Press both hands down on Uke's hips - keep them from freely moving around too much
 - b. Keep pressure on hips, drop elbow down on inside of Uke's thigh - break leg grip and pass to Uke's half guard
 - c. Do the same thing on the other leg's inner thigh - pass half guard and end in side Mount (either one)
4. Pass Guard #2
 - a. Press both hands down on Uke's hips - keep them from freely moving around too much
 - b. Place one foot behind you and twist hips toward the back - this is to break the crossed ankles from their guard
 - c. Stand up in Uke's guard, throw Uke's legs and hips to one side and reengage back into side Mount (either one)

GROUND ATTACK & ESCAPE:

1. Getting Ready to Attack, In Guard Position
 - a. As soon as attacker pushes you to your back, lock your arms and push shoulders upward
 - b. Plant your feet on ground and start moving hips and body away from attacker
 - c. Once you created distance, place feet on attacker's hips and push hard
 - d. Slide grip down attacker's forearms to their wrist on both arms
 - e. Pull attacker toward you while you execute multiple up kicks to the face - in between their arms

JUDO

FALLING:

1. Falling Form
 - a. Start and End the Falling Form in Fighting Stance (KIHOP)
 - b. Keep flow of energy moving from fall, stand up, to next fall
 - c. KIHOP on each fall to allow breath and energy to transfer out of your body

THROWING:

1. Side Drop to Full Mount
 - a. Start in Judo Stance #1 - Pull left arm back into natural block "look at your watch" motion, push forward with right
 - b. At the same time momentum is going backward, place your left foot on top of their right instep (base of ankle)
 - c. Pull Uke downward and backward - you need to drop your full weight and commit to the drop
 - d. Once on the ground, transition from your left hip to full mount by swinging right leg over the top of Uke's body

NOTES