



RED BELT

3RD KUP

02/15/2024

CORE CONCEPTS

FORMS

TAEGEUK FORM 7 (MOUNTAIN):

1. Korean Cat Stances done to the side - watch the distance between the heels (4 - 6 in) - keep knees bent
2. Have a slightly faster pace when executing the two low knifehand blocks - make sure to still land the blocks
3. Do not hop back when executing the double fist punch - target is at face height
4. After X-Stance Upset Punch, make sure to chamber both hands for the low X-block at the waist
5. Series at the end of the form: execute the back fist in a straight leg L - Stance, Knifehand strike is done in horse stance

SPECIALTY KICKS

180 KICKS - FRONT 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

LEG CHECK COMBINATIONS:

1. Inside Leg Check w/ Open Counter
 - a. Use Open Stance (facing same direction) and use "Skip In" footwork when approaching partner
 - b. Hook back of partner's front foot heel and pull your foot inward - causing partner to fall forward off balance
 - c. Open Counter should reflect appropriate distance from partner
2. Reverse Hook Leg Check w/ Open Counter
 - a. Use Closed Stance (facing opposite direction) and use front leg to execute leg check to back of partner's leg
 - b. Generally used as a distraction technique prior to executing scoring counter
 - c. Open Counter should reflect appropriate distance from partner

ANGLE STEPS w/ COUNTERS:

1. When executing forward Angle Steps, land stance in "driving reverse punch" stance
2. When executing backward Angle Steps, back foot moves first and then land in a regular fighting stance
3. In forward Angle Steps, body should face away from partner and counter should be directed back toward the center
4. Use appropriate counters that reflect proper distancing and an understanding of which counter flows correctly after the angle step

SELF DEFENSE

JIU JITSU CONTROL POSITIONS:

1. Side Mount #1 - Hip to Hip, Legs Out to the Side
 - a. Keep weight on partner's chest, keep hip to hip contact when they are struggling
 - b. Wrap arm around back of neck and lift head up to prevent them from bridging
 - c. Keep head down and close to partner's cheek
2. Side Mount #2 - Chest to Chest & Hip to Hip
 - a. Keep weight on partner's chest and be up on your toes, legs extended - your body should face downward
 - b. Wrap arm around back of neck and lift head up to prevent them from bridging
 - c. Keep head down and close to partner's cheek



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SELF DEFENSE (CONT.)

GRABS & ESCAPES:

1. Side Head Lock
 - a. Turn head in toward partner's chest, pull down on their wrist with your hands - Distract, Distract, Distract!
 - b. Step foot behind partner and put your upper thigh up under their upper hamstring
 - c. Thrust hip forward at the same time you are executing under nose throw - make sure to hit the nerve under nose
2. Bear Hug #2
 - a. At first, use as many distractions as you possibly can - these strikes may cause the attacker to let go at this point
 - b. If not - Take a deep breath, put your hands together, drop your weight, and raise arms up
 - c. Step to one side and then quickly wrap your hands around attacker's arms
 - d. Step other foot behind partner and put your upper thigh up under their upper hamstring
 - e. Thrust hips forward at the same time you are throwing attacker over your leg towards the back
3. Bear Hug #3
 - a. At first, use as many distractions as you possibly can - these strikes may cause the attacker to let go at this point
 - b. If not - Take a deep breath, put your hands together and raise upper arms up
 - c. Drop weight downward and kick both feet outwards and back - quickly wrap your hands around attacker's arms
 - d. Step left foot backward behind attacker's left leg, grab right wrist and right shoulder of attacker
 - e. Drop weight and right knee to the ground - twisting your hips to the left and throwing attacker around right hip

JUDO

FALLING:

1. Dive Roll
 - a. When jumping, jump out and forward - reach forward with hands for balance (do not land on hands first)
 - b. When rolling - tuck your chin, roll up the outside of forearm then to shoulder (do not barrel roll - roll forward)
 - c. Use momentum, place feet underneath you, and stand up in fighting stance
2. Back Slap Fall to Roll Out
 - a. Tuck chin, cross arms in front of chest before slapping down toward sides
 - b. After you slap your hand downward, bring your hands back up to face height - do not leave arms extended
 - c. Use the ground slap to help push you over to your feet - stand up in fighting stance

THROWING:

1. Hip Roll
 - 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. Wrap right arm around Uke's waist, push your hip into upper inside thigh of Uke - put weight of Uke on hip
 - d. Pull Uke's right arm down to your left hip, guide Uke around your hip with your right arm
 - e. End in horse stance, Koga hold on their wrist

NOTES