



BLUE/BLACK BELT

4TH KUP

2/15/2024

CORE CONCEPTS

FORMS

TAEGEUK FORM 6 (WATER):

1. The water, or tides, series is done 4 times in this form (down block, front snap kick, step forward and step back, side block) - execute these sections with flow and power
2. All side blocks and all reverse knifehand strikes (or block), chamber from the inside of the natural block
3. Pay close attention to the front snap kicks that are done to the side. Emphasize the retraction
4. Start your hands for the double down block motion at shoulder height
5. Memorize the first front stance, reverse knife hand starts with the left foot centering and then stepping out into a left front stance. The second one is with the right foot centering and then stepping out into a right front stance
6. The last motions going back – make sure to land the punch or the middle knife hand block when the stance is landed

BASICS

(Blocks Start Left, Strikes Start Right)

BLOCKS, STRIKES, & STANCES:

1. Back Leg Snap Kick, Cat Stance Reverse Palm Pressing Block
 - a. Block is executed from shoulder to shoulder and at chest height, about 10-12 inches from chest
 - b. Land Reverse Palm Pressing Block as the Front Snap Kick sets down
2. Cat Stance Reverse Back Fist
 - a. On first block (chamber) – make sure the pinkie is turned toward the back
 - b. Second motion - Open hand block needs to sweep in and land with elbow at the natural block level
 - c. Pull Reverse Back Fist back by opposite cheek – then execute strike
3. Double Step, Front Stance Middle Punch
 - a. From Jhoonbi – Natural block with right hand, put weight on right foot then push off right foot, switch natural block to left arm then punch with right hand
 - b. Make sure to guard the groin with front knee

KICKS & FOOTWORK:

1. Jump Back Kick
 - a. When jumping do not spin, only execute a ¼ turn toward the back – do not over rotate
 - b. Crouch forward as needed to offset the back kick shooting backward
 - c. Chamber knee back to where it started
2. Flying Side Kicks
 - a. Make sure to chamber sidekick toward the opposite shoulder
 - b. Turn hip over when executing kick
 - c. Turn base foot in opposite direction of kick
 - d. When doing the Flying Side Kick to the side – if kicking with right foot, jump off left foot and move to the left in the air. Opposite if kicking with left foot

COMBINATIONS

KICK:

1. Roundhouse, Jump, Butterfly Roundhouse, Back Swing Kick
 - a. Turn hips over on roundhouse – especially the second roundhouse
 - b. Turn base foot toward the back 45° (at least) & Replace feet – do not move forward
 - c. On Butterfly, bring knee up towards the front before executing the second jump roundhouse
2. Front Leg Middle Snap Crescent, Back Turning Hook Kick
 - a. Replace feet & bring hook kick all the way around when setting down

OFFENSE:

1. Front Hand Jab, Duck, Reverse Hook Punch, Rear Leg Outside Axe Kick, Jump Back Kick
 - a. Duck and weave towards your partner after the Jab
 - b. Land Axe Kick out in front and not by the other foot



BLUE/BLACK BELT

4TH KUP

COMBINATIONS (CONT.)

OFFENSE (CONT):

2. Switch Stance & Go, Step Behind Hook Kick, Step Forward, 360 Hook Kick
 - a. Make sure steps moving forward are small - do not move forward a lot
 - b. Focus on Replacing Feet

DEFENSE:

1. Falling Away Side Kick
 - a. When push from pad comes – take slight step and drop back onto back knee and hands (not hip)
 - b. Remember to chamber side kick in order for the kick to land at belly height
2. Jump Away Side Kick
 - a. When push from pad comes – turn back foot heel toward bag and take a slight step toward back to absorb the push, jump off back foot, chamber and kick while in air
 - b. DO NOT jump, then land, then kick

SELF DEFENSE

JIU JITSU DEFENSE POSITIONS:

1. Shrimping
 - a. Start on back, bring heels in towards bum, push up and put weight on heels and upper shoulders
 - b. Turn hips and shoulders towards one side, push off feet, pulls hips back, keep legs straight, and end in pike position
2. Side Defense Position
 - a. Start on side hip - up on elbow, push backward w/ top foot, bottom foot leg checks - fall onto side of shoulder
 - b. Raise back up to elbow while top foot leg checks
3. Back Defense Position
 - a. Start on back, elbows underneath, feet up and toes turned out
 - b. Push back with one foot - fall onto upper back, same time other foot executes leg check - repeat on other side
4. Guard
 - a. Cross legs behind attacker and pull head down into chest with forearm

ADVANCED HAPKIDO GRABS:

1. Cross Hand Wrist Grab - Wrist Lock Defense
 - a. Trap attacker's hand (thumb on back of hand), step forward with same foot of hand being grabbed - peel hand out
 - b. Lock wrist, keep arm in 90° position, circle back foot around and throw to ground
2. Same Side Wrist Grab - Arm Bar Defense
 - a. Trap hand, step forward with same foot of hand being grabbed, execute "S - Curve" hapkido defense to lower attacker
 - b. Roll elbow over arm, keep back close to their body - trap upper arm under arm pit. Drop forward to ground
3. Lapel and Shoulder Grab - Koga Hold
 - a. Trap wrist, reach free hand over and grab hand, keep elbows down and twist shoulders before peeling hand off
 - b. Keep turning wrist over and execute wrist lock ending position

JUDO

THROWING:

1. Outside Reap
 - a. Starts from Judo Stance #1, step left foot just past Uke's right heel - pull Uke's right elbow down to back corner
 - b. Get hip to hip, then execute reap by doing a "Bad Back Kick" motion - foot never touches ground between Uke's legs
2. Outside Reap Variation
 - a. Starts from Judo Stance #1, step left foot just past Uke's right heel - pull Uke's right elbow down to back corner
 - b. Get hip to hip then execute reap by doing a "Swing Kick" motion, hitting calf to calf on the Uke - foot doesn't touch the ground