



GREEN/BLACK BELT

7TH KUP

10/02/2023

CORE CONCEPTS

FORMS

PYONG FORM 5:

1. Timing at the start is: "One/And" - then stomp as you do over-punch
2. Land crescent block as you are doing the side down block - then chamber on inside for brachial slap
3. Keep natural block in same position as you do the back fist and then upper-cut punches
4. Pay close attention to the front stances when doing reverse palm heel strike
5. When doing mountain block, plant left foot in an X - Stance, then step forward with right foot into right front stance

BASICS

(Blocks Start Left, Strikes Start Right)

BLOCKS, STRIKES, & STANCES:

1. Step Forward, X - Stance Double Upset Punch, Step Back, Front Stance Down Block
 - a. Hands chamber at the waist, while stepping to X - Stance with hips forward
 - b. Strikes inward to the ribs, hands 2 - 3 inches apart
2. Cat Stance Down Block
 - a. Feet land softly while hands execute with power
3. Back Leg Roundhouse, Front Stance Swallow Neck Strike
 - a. Hands come to fighting stance during the roundhouse
 - b. Retract and step out to a 45° angle (body remains facing to the side in preparation to switch to front stance). Hands move to start position of a middle knifehand
 - c. As body and feet pivot to the front, front hand executes a high block and back hand swings up to strike under the jaw in an open knifehand position (palm up), end in front stance

KICKS & FOOTWORK:

1. Back Swing Kick
 - a. Foot Position: Foot flexed back, hit with back of heel
 - b. Chamber: Turn and look around the side of the back shoulder, as you turn push hip toward target, bottom foot starts at 45° angle
 - c. Front foot rotates inward on ball of the foot, and weight lowers onto front foot
 - d. Back foot raises to waist level and flexes horizontally from open 45° angle and pulling to the other 45° angle before setting down in back
2. Back Leg Push Kick
 - a. Foot Position: Foot flexed back, hit with foot bottom
 - b. Chamber: Knee up to the chest with the shin horizontal and pushes forward striking with the heel
3. Switch Stance & Go Footwork
 - a. Switch stance but land only on the new back foot, and immediately push off, lunging onto the front foot
 - b. Back foot steps behind front foot & the front foot steps out

COMBINATIONS

KICK:

1. Inside Crescent Block, Back Swing Kick
 - a. Clear with first kick, follow with second spinning kick, but swing kick allows for the head to be out of range
 - b. Swing kick - keep body posture leaning back and to the side (do not straighten or arch back), kick with back of heel
2. Shuffle, Outside Axe Kick, Jump Back Leg Roundhouse
 - a. Apply shuffle to close distance with the axe kick, then follow with jump (not focused on height) to increase speed
 - b. Jump as soon as your front foot lands from axe kick (do not double hop before the actual jump roundhouse)
3. Back Leg Push Kick, Step Behind, Front Leg Side Kick
 - a. Create distance by pushing them back and opening them up for the side kick
 - b. Set push kick down in front (do not retract)



GREEN/BLACK BELT

7TH KUP

COMBINATIONS (CONT.)

OFFENSE:

1. Back Fist, Back Turning Back Fist, Outside Crescent Kick, Set Down Behind, Front Leg Side Kick
 - a. Close to opponent. Use back fists to draw hands up for the kicks, confusing opponent with spin
 - b. Set down crescent kick way behind you so that you draw partner in to score with side kick (weight exchange)
2. Front Hand Low / High Hook Punch, Back Turning Hook Kick, Set Down Behind, Front Leg Roundhouse
 - a. Close to opponent. Use hook punches to shift guard to set up for the kicks, confusing opponent with spin
 - b. Set down snap hook kick way behind you so that you draw partner in to score with roundhouse (weight exchange)

DEFENSE:

1. Slide, Jam with the Hip, Front Hand Back Fist (Before Setting Foot Down)
 - a. Defense against any back turning kick or close distance and follow up
 - b. Lead with hip and not with knee - quickly move forward by pushing off base foot
2. Duck, Reverse Punch, Circle Step High Ridge Hand
 - a. Duck & bob head forward (same time), then lunge forward to low reverse punch
 - b. Judge your distance on circle step so ridgehand can score effectively to side or back of head

SELF DEFENSE

CONCEPT: STREET STYLE GRABS & ESCAPES

1. Fight & use multiple distractions until you can turn to get a better vantage point
2. Using gravity and our weight to our advantage
3. 2 Steps - Keep appropriate distancing with legs

JUDO

GENERAL CONCEPTS:

- Protect the spine
 - Dissipate momentum
1. Back Slap Fall
 - a. Hands cross in front of chest, slap ground with forearm and hands. Slap happens when your mid to upper back hits the floor
 - b. Keep chin close to chest. Push hips and legs upward while executing slaps on the side
 2. Side Slap Fall
 - a. Leg lifts and other leg helps to lower slowly, the leg that lifts is the hand that slaps
 - b. Roll off hip to side and hands cross and slap when the lat hits, other hand tucked at face

NOTES