



# GREEN BELT

## 8TH KUP

10/02/2023

### CORE CONCEPTS

#### FORMS

##### PYONG FORM 4:

1. All double forearm blocks are done in L - Stance in this form
2. After 2nd block, make sure to pull right foot into center then step left foot towards the front
3. The "Crane Stance/Side Kick" series can be tricky: watch hand & foot positions on crane stance, retract side kick - but leave the punch out to grab behind head, step at 45° angle when stepping into front stance, twist hips into elbow strike
4. Its a shorter L - Stance when doing the natural block, then STOMP feet together
5. Hands at face height when grabbing head, knee strike is done in front - not while turning into next technique

#### BASICS

(Blocks Start Left, Strikes Start Right)

##### BLOCKS, STRIKES, & STANCES:

1. X - Stance (See Stances Section)
  - a. Front foot is pointed to the 45° angle
  - b. Very little weight on the back foot
  - c. Knees bent so legs cross at the calves
2. Rolling Back Fist
  - a. Chambers under the natural block with palm down
  - b. Pulls from the inside of the natural block
  - c. Strikes with back of the front two knuckles on top of the bridge of the nose
3. Downward X - Block
  - a. Hands chamber high at chest height with fists vertical (thumbs up)
  - b. Arms cross at the forearm with bent elbows
  - c. Lead hand is underneath the back hand
  - d. Extends away from the body about a foot to meet the attack
4. Front Stance Reverse Palm Heel Strike, Slide to L - Stance Pull Away
  - a. Hand in natural block, striking hand chambers to the side with hand open and palm up
  - b. Front Stance: Natural block twists to palm towards the face, Reverse hand strikes with heel palm of hand to the groin
  - c. L - Stance: Palm heel pulls behind head to 90° angle above head. Natural block extends to a down block that strikes to inside of the leg
5. Korean Cat Stance (See Stances Section)
  - a. Lift and place feet in cat stances, never twist on the ground.
  - b. Knees bent, front foot pointed on ball of foot, back foot at 90° angle
  - c. Front foot distance: If you were to set your heel down, it would land touching middle of your back foot (making a "T" shape)

##### 6. Japanese Cat Stance (See Stances Section)

- a. Lift and place feet in cat stances, never twist on the ground.
- b. Knees bent, front foot pointed on ball of foot, back foot at 45° angle
- c. Front foot distance: Front foot is one and half to two foot's distance from the center of the back foot and lifted onto the ball of the foot

##### KICKS & FOOTWORK:

1. Back Turning Outside Crescent Kick
  - a. Front foot rotates inward on ball of the foot, and weight lowers onto front foot
  - b. Shoulders and hips turn fully to the front and leg follows with the kick landing in back
2. Back Leg Inside Axe Kick
  - a. Straight leg lifts to the outside of the target then centers at the apex of the kick
  - b. Pull straight down onto target with a slight lean back
  - c. Foot position: Toes pulled back
3. Back Leg Outside Axe Kick
  - a. Straight leg lifts to the slight angle across the front of the body then centers at the apex of the kick
  - b. Pull straight down onto target with a slight lean back
  - c. Foot position: Toes pulled back
4. Slide
  - a. Heel facing forward
  - b. Push with the ball of the foot
  - c. Keep hips over foot for balance

### COMBINATIONS

#### KICK:

1. Inside Crescent Block, Back Turning Outside Crescent Kick
  - a. Clear with first kick follow with second spinning kick
  - b. Replace feet - turn and position hips and shoulders forward before you execute the outside crescent kick
2. Switch / Switch, Back Leg Roundhouse (Set Down In Front), Back Turn, Step Out, Back Leg Roundhouse
  - a. Confuse the opponent with footwork
  - b. Quick footwork - after first roundhouse, turn and step out to cover distance with second roundhouse

#### OFFENSE:

1. Slide, Fake Roundhouse, Reverse Punch, Circle Step, Ridge Hand, Front Leg Side Kick
  - a. Fake and follow up to a different target than expected, avoid and attack with angles
  - b. Sell the slide, fake roundhouse, because often times you will score when throwing the reverse punch
2. Slide, Low Roundhouse, Slide, High Roundhouse, Shuffle, Outside Axe Kick Back Turning Hook Kick
  - a. Slide on ball of foot with heel facing target - retract roundhouses, set down high roundhouse in front
  - b. Set down axe kick in front - then execute a snap hook kick that sets down all the way around to starting position

#### DEFENSE:

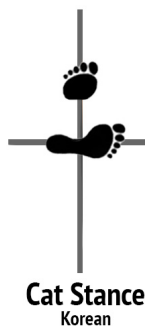
1. Tuck, Turn Back Fist (No Step), Step Out, Back Leg Roundhouse
  - a. Use the Tuck/Roll block with front hand (see 10th KUP - Tuck/Turn Back Kick technique for description)
  - b. When turning, don't cross legs - adjustments may need to be made based on distance
2. Duck, Reverse Hand Hook Punch, Step Up, High Hook Punch, Circle Out
  - a. Duck & bob head to the back (same time), then lunge forward to low reverse hook punch
  - b. High hook punch is done with the same hand as the low hook punch
  - c. The foot that circles steps is the front foot of the fighting stance you start with

### SELF DEFENSE

#### CONCEPT: ESCAPE - COUNTER - ESCAPE

1. Attacker Grabs: Scream "Stop" (De-escalate) - Attacker keeps grabbing: Escape the grab quickly
2. Attacker Grabs Again: "Stop" - Attacker keeps grabbing: (Warnings are over) - Counter & escape the situation
3. Do this drill at least 3 times through

### STANCES



### NOTES