



YELLOW/BLACK BELT

9TH KUP

10/02/2023

CORE CONCEPTS

FORMS

PYONG FORM 3:

1. On 9-Shape Blocks, use hips and shoulders to add power - don't just "switch/switch" with arms
2. When doing Spread Block (Chimney Smoke) - Come up on balls of feet, be powerful and make the movement slightly slower
3. Keep hands in fists at waist (superman stance) when doing crescent blocks (no thumbs tucked in belts)
4. Watch horse stances in this back series - tend to get off centered
5. Skip in and out on both sides when doing over punches - NO hopping side to side

BASICS

(Blocks Start Left, Strikes Start Right)

BLOCKS, STRIKES, & STANCES:

1. Front Stance 9 - Shape Block
 - a. Same chamber as a down block
 - b. Execute an outside forearm and down block simultaneously with front hand as the down block
 - c. Motion should be in and out, not side to side
2. Front Stance Spread Block, Inward Knee Strike, Step Back, Front Stance Double Natural Block
 - a. Spread block crosses around stomach height then lifts and spreads so that fists are at face height, palms out. Forearms should stop at the outside frame of shoulders
 - b. Hands rotate palms upward and pull to the waist as the knee drives forward
 - c. Knee sets down behind, both hands up, elbows slightly in
3. L - Stance Side Block
 - a. Same chamber as a down block
 - b. Ends with fist palm forward at face height, arm at 90° angle
4. Japanese: Front Stance (See Stances Section)
 - a. Normal front stance but with back foot turned to the 45° angle
5. Japanese: Hangetsu Stance (See Stances Section)
 - a. Front foot to the 45° angle, back foot turned slightly out to the 10 degree angle
 - b. Center and step to the opposite 45° angle
 - c. Feet shoulder width and a half apart
 - d. Hips drive forward

KICKS & FOOTWORK:

1. Back Leg Inside Crescent Kick
 - a. Foot Position: Crescent Foot (see 10th KUP)
 - b. Chamber: Knee folded in, lift up to outside of body
 - c. Base foot to the open 45° angle
 - d. Kick extends across horizontally
 - e. Retracts to knee height
2. Back Leg Outside Crescent Kick
 - a. Foot Position: Crescent Foot (see 10th KUP)
 - b. Chamber: Knee folded in, lift up across to the inside of the body
 - c. Base foot to the open 45° angle
 - d. Kicking leg stays bent and pulls across body before extending at target
 - e. Leg stays extended until placed on the ground behind
3. Front Leg Hook Kick
 - a. Foot Position: Foot and toes pointed
 - b. Chamber: Knee bent and turned horizontally in front, similar to a roundhouse chamber
 - c. Base foot turned towards the back 45° angle
 - d. Kick snaps out and pulls horizontally across and through target before retracting to opposite 45°
4. Back Turning Hook Kick
 - a. Front foot rotates inward on ball of the foot, and weight lowers onto front foot
 - b. Front shoulder leads the motion
 - c. Turn and spot target before starting kick
 - d. Sets down in back
5. Shuffle
 - a. Feet cross while the body stays in position
 - b. Front foot shuffles behind the back foot
 - c. Purpose: to hide forward movement (e.g. roundhouse that will be thrown with front foot, but will cover more distance due to the shuffle prior to kick)



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9TH KUP

COMBINATIONS

KICK:

1. Back Leg Low / High Roundhouse, Step Behind, Front Leg Hook Kick
 - a. Double kicks at multiple heights
 - b. Make sure to retract roundhouses and execute hook kick as a “snap” hook kick and not a sweeping hook kick
2. Butterfly Kick
 - a. First crescent is a “block” - second crescent is a “kick”
 - b. Replace your feet when spinning - execute second kick only when your hips are facing forward

OFFENSE:

1. Shuffle Roundhouse, Jab, Step Forward Jab, Back Turning Hook Kick
 - a. Apply shuffle & follow up in quick succession with attacks to multiple targets
 - b. When stepping forward with second jab - make step smaller and quick - setting up the spinning hook kick
 - c. Turn and spot your target on hook kick - keep knee up and bent until ready to throw snap hook kick, not sweeping
2. Reverse Punch, Jab, Front Leg Roundhouse, Turn Back Kick, Reverse Punch
 - a. Shift weight to attack and avoid
 - b. Reverse punch (weight on front foot), Jab (weight on back foot and turn back foot to set up for roundhouse)

DEFENSE:

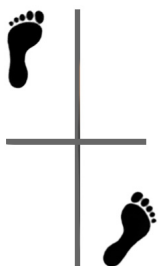
1. Reverse Block, Ridge Hand, Front Leg Side Kick, Skip Behind, Side Kick
 - a. Block and immediately counter to make opponent draw back and follow up
 - b. Reverse block (turn hips forward and put weight on front foot), Ridgehand (turn hips back and put weight on back foot and turn back foot to set up for side kick)
2. Reverse Block, Ridge Hand, Back Fist, Reverse Punch, Circle Step Out
 - a. Multiple hands to multiple targets
 - b. Same weight exchange as previous Defensive Combo
 - c. Ridgehand and backfist are targeted to the head, Reverse punch is targeted to the body

SELF DEFENSE

CONCEPT: TARGETS & COUNTER STRIKES

1. Applying effective striking to appropriate targets
2. 1-Step: Choreographed way to learn avoidance and countering to appropriate targets.

STANCES



Front Stance
Japanese



Hangetsu Stance
Japanese (Half Moon)

NOTES