

## Junior Intermediate and Advanced

### Combination: Double Turning Kick

#### Month 1:

##### **Start with left leg in front and hands up by chin (left guarding block)**

Hop forward left front punch / right reverse punch / Turn back heel / Front (L) leg double turning kick / Right leg double turning kick/foot to foot, Right leg double turning kick

#### Month 2:

##### **Start with right leg in front and hands up by chin (right guarding block)**

Hop forward right front punch / left reverse punch / Turn back heel / Front (R) leg double turning kick / Left leg double turning kick/foot to foot, Left leg double turning kick

Kick (L)

### Won-Yo (Second Half)

#### Month 1:

16. Foot to foot, other side, left I-stance, right twin forearm block
17. Left inward knife hand strike, stay in left I-stance
18. Right side punch (from chest), form a right fixed stance
19. Bring right foot to left foot, step out left foot, left walking stance, right circle block
20. Right back leg front kick
21. Lower right foot, form right walking stance, left reverse punch

#### Month 2:

22. Left circle block, stay in right walking stance
23. Left back leg front kick
24. Lower left foot, form a left walking stance, right reverse punch
25. Bring right foot up, forming a left bending knee stance
26. Right side kick and land in line with left foot
27. Move the left foot, turning counter clockwise, form a right I-stance, left guarding block
28. Foot to foot, other side, left I-stance, right guarding block

**END:** Bring the right foot back to a ready posture.

### Sticks: Single Stick Sinawali

#### Month 1: Right

##### **Start with stick in right hand, referenced to right side of neck, right foot forward**

1. Bring stick out in front, point up, swing down across body of opponent, from left neck (High) to right hip (Low)
2. Reference to left tricep
3. Bring stick with point low, to opponents' knees, and reference to left tricep (Recoil)
4. Bring stick out in front, point up, swing down across body of opponent, from right neck (High) to left hip (Low)
5. Reference to neck
6. Bring stick with point low, to opponents' knees, and reference to neck (Recoil)
7. Repeat

#### Month 2: Left

##### **Start with stick in left hand, referenced to left side of neck, left foot forward**

1. Bring stick out in front, point up, swing down across body of opponent, from right neck (High) to left hip (Low)
2. Reference to right tricep
3. Bring stick with point low, to opponents' knees, and reference to right tricep (Recoil)
4. Bring stick out in front, point up, swing down across body of opponent, from left neck (High) to right hip (Low)
5. Reference to neck
6. Bring stick with point low, to opponents' knees, and reference to neck (Recoil)
7. Repeat

### Grappling:

#### Month 1: Sprawl – Hands/Elbows/Chest

#### Month 2: Back control from Turtle