

Little Champions Black Belt Club AND Junior Beginners

Combination: Side 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 right heel/ Left (front) leg side kick / Pivot/ Right (back) Leg Side Kick/ Foot to Foot/ Right Leg Side 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 left heel/ Right (front) leg side kick / Pivot/ Left (back) Leg Side Kick/ Foot to Foot/ Left Leg Side Kick

Self Defense: Armbar

Month 1: Cross Grab

Hand circles up, read palm, turn palm out and grab partners wrist, leg steps in, place other hand on partners arm just above the elbow, bring your escaped hand to pocket, apply armbar

Month 2: Normal Grab

Point elbow at partner, other hand slides under and grab wrist, armbar with elbow & elbow

Sticks: 1-12 Control

Start: Stick in right hand, referenced to right side of neck, right foot forward, left foot off ground

Month 1:

1. **Strike to neck**, hold 2 sec, reference to right side of neck
Clear – Stick end up, bring arm to front, reference to left bicep
2. **Strike to neck**, hold 2 sec, reference to left tricep
Clear - Stick end up, bring arm to front, reference to right side of neck
3. **Strike to ribs**, hold 2 sec, reference to right side of neck
Clear – Stick end up, bring arm to front, reference to left tricep
4. **Strike to ribs**, hold 2 sec, reference to left tricep
Clear - Stick end up, bring arm to front, reference to right side of neck
5. Stick end down, **bring end up to stomach level**, reference to neck
6. Stick end to **opponent shoulder, aim for top left of opponents chest**, reference to neck
Clear – Stick end up, bring arm to front, reference to left tricep

Month 2:

7. Stick end to **opponent shoulder, aim for top right of opponents chest**, reference to left tricep
8. **Strike to knees**, hold 2 sec, reference to left tricep
Clear - Stick end up, bring arm to front, reference to right side of neck
9. **Strike to knees**, crouch and bring stick forward to strike knees, reference to neck
10. **Strike to eyes**, hold 2 sec, reference to neck
Clear – Stick end up, bring arm to front, reference to left tricep
11. **Strike to eyes**, hold 2 sec, reference to left tricep
Clear - Stick end up, bring arm to front, reference to right side of neck
12. **Strike to top of head**, hold 2 sec
END

Grappling

Month 1: Hip Escape to Guard

Start: start in Prayer Position, knees together, hands together

1. Partner starts in Cross Body
2. Bridge, sit up, push partner down to stomach
3. Hands go to partner's hip
4. Bridge again, turn towards their feet
5. 'Shrimp' – glue feet to floor and push bum out through partner's arms
6. Slide bottom leg across their waist / belt
7. Turn, straight out and wrap both legs around waist
8. End in guard position

Month 2: Armbar from Guard

Start on back with partner in closed guard

Student cups his left hand behind the right elbow and uses his right hand to hold the partners wrist. Student uncrosses the feet. With his left foot on the partners right hip, the student pushes to the right and uses his right leg to grip down squarely across the partners shoulders. Student then swings his left leg over the partners head and carefully lifts his hips and straightens his body to extend the partners right arm until the partner taps

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Dan-Gun (BBC will do 1st half this cycle, JB will do full form)

Meaning: Named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

Moves: 21

Start: *Parallel Ready Stance*

Month 1:

1. Step out to the left, right I-stance, left knife hand guarding block
2. Step forward, right high section punch, right walking stance
3. Move right foot turning clockwise, form left I-stance, right knife hand guarding block
4. Step forward, left high section punch, left walking stance
5. Move left foot to front, left walking stance, left low section block
6. Step forward, right high section punch, right walking stance
7. Step forward, left high section punch, left walking stance
8. Step forward, right high section punch, right walking stance
9. Pivot, turning counter clockwise, form a right I-stance, left twin forearm block
10. Step forward, right walking stance, right high section punch

Month 2:

11. Move right foot, turning clockwise, for a left I-stance, right twin forearm block
12. Step forward, left walking stance, left high section punch
13. Move left foot, form a left walking stance, left low section block
14. Stay in left walking stance, left raising block
15. Step forward, right walking stance, right raising block
16. Step forward, left walking stance, left raising block
17. Step forward, right walking stance, right raising block
18. Pivot, move left foot turning counter clockwise, form right I-stance, left outward knife hand strike
19. Step forward, right high section punch, right walking stance
20. Move right foot, turning clockwise, form a left I-stance, right outward knife hand strike
21. Step forward, left high section punch, left walking stance

END: Bring the left foot back to a ready posture.