

Teen/Adults (Beginner)

Combination: Back 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 / Step forward right foot, turning back to target/Bring left foot up into chamber, left back kick/ Right back 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 / Step forward left foot, turning back to target/Bring right foot up into chamber, right back kick/ left back kick

Dan-Gun

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.

Self Defense: Breakfall (Turtleshell)/Make Space and Race

Month 1: Turtleshell

Drop bottom to the ground, roll on back hands up and feet up. Keep head from touching the ground. Kick x4

Month 2: T-Rise (Make Space and Race)

From Turtleshell or Breakfall: Turn onto right side of body while raising left arm over head (Raising Block) and right elbow supporting body on the ground. Side kick with left leg. Slide right palm onto ground and lift body off the ground. Side kick with right leg. Swing right leg back to meet right hand. Stand up while slightly shifting back and bring guard up.