

# Teen/Adults (Intermediates)

## 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

## Form: Yul-Gok

**Meaning:** is named after the philosopher and scholar Yi I, nicknamed the “Confucious of Korea” The 38 movements in the pattern represent his birthplace on the 38 degree latitude.

The Diagram ( ) represents scholar.

### Moves 38

**Start in Parallel Ready Stance**

### Month 1:

1. Move the left foot, aim with left hand
2. Right mid section punch
3. Left mid section punch Perform 2 and 3 in a fast motion.
4. Bring the left foot to the right foot and then move the right foot to a sitting stance, extend right fist
5. Left mid section punch
6. Right mid section punch Perform 5 and 6 in a fast motion
7. Move right foot, form right walking stance, right inner forearm block
8. Left back leg front kick, lower leg in front
9. Left mid section punch, left walking stance
10. Right mid section punch, left walking stance Perform 9 and 10 in a fast motion
11. Slide left leg in and back out, left walking stance, left inner forearm block
12. Right back leg front kick, lower the leg in front
13. Right mid section punch, right walking stance
14. Left mid section punch, right walking stance Perform 13 and 14 in a fast motion
15. Right hooking block, right walking stance
16. Left hooking block, maintain right walking stance
17. Right mid section punch Moves 16 and 17 are done in a connecting motion
18. Left hooking block, left walking stance
19. Right hooking block, maintain left walking stance
20. Left mid section punch Moves 19 and 20 are done in a connecting motion

### Month 2:

21. Right mid section punch, right walking stance
22. Lift left leg into a right bending knee stance
23. Left side kick
24. Left walking stance, right front elbow strike
25. Lift the right leg, left bending knee stance
26. Right side kick
27. Right walking stance, left front elbow strike
28. Twin knife hand block, form a right I-stance
29. Step forward into right walking stance, right finger tip thrust
30. Move right foot in and out to the other side, form a left I-stance, twin knife hand block
31. Step forward into left walking stance, left finger tip thrust
32. Move left foot in and out into a left walking stance, left outer forearm block
33. Right mid section punch, maintain left walking stance
34. Step forward, right walking stance, right outer forearm block
35. Left mid section punch, maintain right walking stance
36. Jumping back fist into a left x-stance
37. Pivot, right walking stance, right double forearm block
38. Foot to foot, step out into a left walking stance, left double forearm block

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

## Teen/Adults (Intermediates)

### Sticks:

#### Month1:

**Release 1:** Moving right foot, angle to the right, brush the stick, check the hand, slide the hand down, turn the stick and strike the hand

**Release 2:** Step out left foot, angle to the left, check the stick and the hand at the same time, circle around the wrist, reverse wrist lock, strike to the top of the elbow with your stick

#### Month2:

**Release 3:** Angle to the right, check the stick and hand same time, snake around, either knife hand at wrist or palm out at wrist, pull the stick out and strike

**Release 4:** Angle to the left and step with the left foot, check stick and hand at the same time, rotate hand – fingers pointing down, thumb lock

### 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 students 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