

MARTIAL ARTS USA

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RED BELT

Dragons and Teen/Adult REQUIREMENTS

FORMS:

PALGWE YUK CHANG:

1. Turn left 90 degrees, back stance, double middle Soto
2. Front kick with right foot to chin, step forward front stance, stomach punch with right hand
3. Turn right 180 degrees, back stance, double middle Soto
4. Front kick with left foot to chin, step forward front stance, stomach punch with left hand
5. Turn left 90 degrees, front stance, low block, to high Soto block with left hand and chop neck with left hand (simultaneously)
6. Front kick with right foot jump and land with left foot behind right foot, double middle block, "Ki Yup"
7. Turn left 270 degrees, back stance, double low Soto block (move left foot) front stance, break choke hold, "grab front kick with right foot to chin
8. Step forward, front stance, two punches (punch right hand, then left hand) to stomach
9. Turn right 180 degrees back stance, double low Soto block (move right foot) front stance, break choke hold, grab, front5 kick with left foot to chin
10. Step forward, front stance, two punches (punch left hand then right hand) to stomach
11. Turn left 90 degrees, back stance double middle Soto block, move left foot over to front stance, high Soto block with left hand and palm strike with right hand (simultaneously)
12. Front kick with right foot to chin
13. step forward, front stance "in to out" middle block with right hand, front kick with left foot to chin
14. step forward front stance, high block with left hand, prepare for side kick – kick with right foot to chin
15. Step forward, back stance double middle Soto block
16. Turn left 180 degrees double middle Soto block, "Ki Yup"

ONE STEPS:

1-15

SELF DEFENSE:

Multiple Attacker Basics

KICKS:

Butterfly kick