

MARTIAL ARTS USA



RECOMMENDED BLACK BELT

Dragons and Teen/Adult

REQUIREMENTS

FORMS:

ALL AND BASAI:

1. Step back with right foot into back stance (dynamic contraction), middle Sudo block with left hand.
2. Step up with right foot bringing feet together, keeping knees bent, while grabbing left thumb with right hand. (Simultaneously) straighten up while bringing hands down in front of stomach.
3. Turn (pivot) 90 degrees left fall to right "stomp" with left foot behind right and back fist with right, left hand behind fist.
4. Turn 180 degrees left, front stance left foot lead, "in-to-out" middle block with left hand, then "in-to-out" middle block with right hand
5. Turn 180 degrees by moving right foot over to front stance, "out-to-in" middle block with left hand, then "in-to-out" middle block with right hand
6. Bring right knee up while blocking down with right hand towards the right
7. Turn 90 degrees, step forward with right foot to front stance, "out-to-in" middle block with right hand, then "in-to-out" middle block with left hand
8. Prepare for side kick with right foot
9. Step forward, horse stance right foot lead, reverse **punch over right shoulder** with left hand
10. Sudo 90 degrees left to neck with left hand
11. **Punch to sternum** with right hand, then back fist under the nose with right hand.
12. **Punch to sternum** with left hand, then back fist under the nose with left hand
13. **Punch to sternum** with right hand, and then **punch to sternum** with left hand.
14. Step forward with left foot, then right foot, back stance right foot lead, double middle Sudo block
15. Step forward, back stance left foot lead, double middle Sudo block
16. Step forward, back stance right foot lead, double middle Sudo block
17. Step back with right foot, back stance left foot lead, double middle Sudo block, to yuk Soo with right hand, while shifting to front stance left foot lead
18. Side kick to chin with right leg "Ki Yup"
19. Turn 180 degrees, back stance left foot lead, double middle Sudo block
20. Step forward, back stance right foot lead, double middle Sudo block
21. Step back with right foot, (feet together) double **punch** face level
22. Step forward right foot front stance "simultaneous" double upper cut to the rib cage
23. Step forward 2 times in front stance, landing right foot lead, and **punch to sternum** with right hand, "KI YUP"
24. Turn left 180 degrees, crescent kick with right foot, step into horse stance and low block with right hand
25. Turn left 180 degrees Sudo palm down to neck with left hand in horse stance
26. Turn hand, crescent kick with right foot to left hand, step in horse stance and elbow smash with right elbow
27. **Punch** down with right hand 2 times then turn right 90 degrees by moving right foot over, front stance
28. Turn 90 degrees to the right, Double **punch left hand to under the nose** and right **punch to groin**
29. Draw right foot back, "set" with right arm, reverse **punch with left hand over right shoulder**
30. Crescent kick with left foot, stepping forward into front stance, double **punch right hand under the nose** and left **punch to groin**
31. Draw left foot back, bring feet together "set" set with left arm, reverse **punch with right hand over left shoulder**
32. Crescent kick with right foot, Double **punch left hand to under the nose** and right **punch to groin**
33. Move left foot behind, turning 180 degrees into a lunging stance and back fist down with right hand, alternate to opposite side and back fist with left hand
34. Step forward with left foot first then with right foot into back stance right foot lead, double middle Sudo block
35. Draw right foot back and then turn right 90 degrees to back stance right foot lead, double middle Sudo block

36. Turn left 90 degrees by moving right foot first to then left foot forward into back stance left foot lead, double middle Sudo block, "KI YUP"
37. Draw left foot back, keeping knees bent, while grabbing left thumb with right hand, (simultaneously) straighten up while bringing hands down in front of abdomen
38. Return to JUN-BI

ONE STEPS:

All and creative 5

SELF DEFENSE:

All

KICKS:

All

TERMINOLOGY:

ALL