

MARTIAL ARTS USA

822 Petaluma Blvd, Petaluma, CA 94952



RED ADVANCED BELT

Dragons and Teen/Adult

REQUIREMENTS

FORMS:

PALGWE CHILL CHANG:

1. Cross block high, Step forward left foot, front stance, two down blocks to side (simultaneously), front kick with right foot to chin
2. Step forward, front stance right foot lead, two (simultaneous) “in-to-out” middle blocks, front kick with left foot to chin
3. Step forward, front stance left foot lead, double high cross block (closed fists), prepare for side kick – kick with right foot to chin
4. Step forward, back stance right foot lead, double middle Sudo block. “KI YUP”
5. Turn left 270 degrees, back stance left foot lead, “in-to-out” middle block with left hand , (move left foot), front stance, reverse **stomach punch** with right hand, to high block with left hand
6. Step up “set” (prepare for side kick) kick with right foot to chin
7. Step forward, back stance left foot lead, low double Sudo block, (move right foot), front stance, reverse **stomach punch** with left hand
8. Turn right 180 degrees, back stance right foot lead, “in-to-out” middle block with right hand (move right foot) front stance, reverse **stomach punch** with left hand, to high block with right hand, step up ”set” (prepare for side kick), kick with left foot to chin
9. Step forward, back stance left foot lead, low double Sudo block (move left foot), front stance, reverse **stomach punch** with right hand
10. Turn left 90 degrees, front stance left foot lead, double low cross block to double high cross block, twist hands, Butterfly chop (sudo) with left hand palm down to reverse **punch under the nose** with right hand
11. Turn 180 degrees, crescent kick with right foot
12. Step forward, horse stance, low block with right hand
13. Turn 180 degrees, horse stance, Sudo to neck with left hand palm down, turn the hand, crescent kick with right foot to hand
14. Step forward, horse stance, elbow smash with right elbow 90 degrees
15. Turn left 90 degrees, front stance left foot lead, groin grab with right hand, “mountain break” pull back with right hand, high outside block, and down block with left hand (simultaneously), while shifting to back stance
16. Slide back, back stance left foot lead, double middle Sudo, move left foot to front stance, reverse face punch with right hand, “KI YUP”

ONE STEPS:

Creative 2

SELF DEFENSE:

Judo flip
Leg sweep

KICKS:

all

PRESSURE POINTS:

On the head:

Tong chon – top of head

Buck he – forehead

Gek ju inn – temples

Chun gun – bridge of nose

Inn jung – under nose

Ha gon - chin