MARTIAL ARTS USA

822 Petaluma Blvd, Petaluma, CA 94952

RED BELT
Dragons and Teen/Adult
REQUIREMENTS

FORMS:
PALGWE YUK CHANG:

1. Turn left 90 degrees, back stance left foot lead, double middle Sudo
2. Front kick with right foot to chin, step forward front stance, **stomach punch** with right hand
3. Turn right 180 degrees, back stance right foot lead, double middle Sudo
4. Front kick with left foot to chin, step forward front stance, **stomach punch** with left hand
5. Turn left 90 degrees, front stance left foot lead, left hand low block, to high Sudo block with left hand and chop neck with right hand (simultaneously)
6. Front kick with right foot jump and land with left foot behind right foot, double middle block right hand lead, "Ki Yup"
7. Turn left 270 degrees, back stance left foot lead, double low Sudo block, move left foot to front stance, cross block, break (choke hold of attacker), front kick with right foot to chin
8. Step forward right foot, front stance, right **punch to stomach** then left hand reverse to stomach
9. Turn right 180 degrees back stance right foot lead, double low Sudo block, move right foot to front stance, cross block, break (choke hold of attacker), front kick with left foot to chin
10. Step forward left foot, front stance, left **punch to stomach** then right hand reverse to stomach
11. Turn left 90 degrees, back stance left foot lead double middle Sudo block, move left foot over to front stance, high sudo 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
14. Front kick with left foot to chin
15. Step forward front stance, high block with left hand, prepare for side kick – kick with right foot to chin
16. Step forward, back stance right foot lead, double middle Sudo block
17. Turn left 180 degrees, back stance left foot lead, double middle Sudo block, "Ki Yup"

ONE STEPS:
1-15

SELF DEFENSE:
Multiple Attacker Basics

KICKS:
Butterfly kick