

# MARTIAL ARTS USA

822 Petaluma Blvd, Petaluma, CA 94952



## BROWN BELT Dragons and Teen/Adult REQUIREMENTS

### FORMS:

#### PALGWE PAL CHANG:

1. Turn 90 degrees to the left into left front stance, low block with left hand
2. Slide left foot back to right foot (feet together) and over the top hammer fist striking with left hand
3. Shift and Step forward into right front stance, **sternum punch** with right hand
4. Turn 180 degrees to the right into right front stance, low block with right hand
5. Slide right foot back to left foot (feet together) and over the top hammer fist striking with right hand
6. Shift and Step forward into left front stance, **sternum punch** with left hand
7. Turn 90 degrees, back stance left foot lead, double middle Sudo
8. Step forward into right front stance, Knife hand (Kwon soo) strike with right hand
9. Block down with right hand, and shift to horse stance
10. Step behind, horse stance, spin hammer fist with left hand
11. Step forward, front stance, **under the nose punch** with the right hand and "KI YUP"
12. Turn 270 degrees into horse stance, sudo palm down with left hand
13. Pivot 45 degrees to the right with left foot, elbow with left arm
14. Pivot back 45 degrees to the left, horse stance with both elbows back
15. Shift into back stance left foot lead, "in to out" block with left hand
16. Step over front stance left foot lead, **reverse punch** with right hand
17. Prepare for side kick with left leg
18. Step forward, horse stance left foot lead, reverse **punch** right (simultaneously)
19. Slide 180 degrees into horse stance, sudo palm down with right hand
20. Pivot 45 degrees to the left with right foot, elbow with right arm
21. Pivot back 45 degrees to the right, horse stance with both elbows back
22. Shift into back stance right foot lead, "in to out" block with right hand
23. Step over front stance right foot lead, reverse **punch** with left hand
24. Bring feet together (by moving right foot backwards)
25. Prepare for side kick 90 degrees to the left, side kick left leg
26. Step forward, front stance left foot lead, elbow smash with right elbow
27. Bring feet together (by moving left foot backwards)
28. Prepare for side kick 180 degrees, side kick with right leg
29. Step forward, front stance right foot lead, elbow smash with left elbow
30. Turn 180 degrees to left, front stance left foot lead, double **punch face**
31. Without stepping, rechamber and double uppercut to rib cage
32. Step forward into right front stance, double **punch face**
33. Without stepping, rechamber and double uppercut to rib cage
34. Step forward into horse stance left foot lead, left hand sudo palm up
35. Turn 180 over right shoulder into horse stance with both elbows back
36. Turn 90 degrees to the left bringing feet together, place left hand over right in front of abdomen
37. Fall to the left into horse stance, double elbow to sides, palms down
38. Slide to the right, reverse **punch over right shoulder** with left hand
39. Slide to the left, reverse **punch over left shoulder** with right hand "Ki-yup"

**SELF DEFENSE:**  
Improvised weapons

**KICKS:** Cut back kick

**PRESSURE POINTS:**  
Neck & Upper Body