



**Tae Kwon Do  
Hapkido  
Handbook**

# **The Warriors Pledge**

I shall observe the tenets of the Warrior's Pledge-

Courtesy:

Modesty:

Integrity:

Self-control:

Perseverance:

Indomitable Spirit:

I shall respect my instructors and seniors.

I shall never misuse my art.

I shall be a champion of freedom and justice.

I shall build a more peaceful world.

## **Counting 1-10**

1. HAH NAH
2. DOOL
3. SEHT
4. NEHT
5. DAH SUHT
6. YU SUHT
7. EEL GOB
8. TU DUL
9. AH HOB
10. YUL
20. SMOOL
30. SUH REUN
40. MAH HEUN

Belt	Techniques	Form	Self Defense	Weapon
<u>White</u>	<u>5 Stances,</u> <u>10 Kicks,</u>	<u>4 Blocks,</u> <u>4 Direction Punch &amp; Block</u>	<u>9 Hand Techniques,</u>	
<u>Yellow</u>	<u>Front Leg Kicks</u> <u>Hapkido Strikes</u> <u>Hapkido Kicks</u>	<u>Palgwe 1</u>	<u>Escapes &amp;</u> <u>Basic Falls</u>	
<u>Purple</u>	<u>Sliding</u> <u>Kicks</u>	<u>Palgwe 2</u>	<u>Feather Set</u>	<u>Stick/ Staff</u> <u>Circles/Fig 8s</u>
<u>Green</u>	<u>Step</u> <u>Infront/Behind</u> <u>Kicks</u>	<u>Palgwe 3</u>	<u>Attacking</u> <u>Joint</u>	<u>24 Count</u> <u>Stick/Staff</u>
<u>Blue</u>	<u>Single/Double</u> <u>Takeoff/Hop</u> <u>Kicks</u>	<u>Palgwe 4</u>	<u>Inside Wrist</u> <u>Attacking Joint</u>	<u>Defense vs.</u> <u>Weapon Grab</u>
<u>Brown</u>	<u>Jump Kicks</u>	<u>Palgwe 5</u>	<u>Aggressive Catch,</u> <u>Two Hands</u> <u>Catching</u>	<u>Stick Sinawali</u> <u>1-4,</u> <u>Shepherd Staff 1</u>
<u>Red</u>	<u>Spin Kicks</u>	<u>Palgwe 6</u>	<u>Throwing, OW,</u> <u>BHC</u> <u>AJ (OW, BHC)</u>	<u>Stick Sinawali</u> <u>1-8,</u> <u>Shepherd Staff</u>
<u>Red-Black</u>	<u>Jump Spin</u> <u>Kicks</u>	<u>Palgwe 7</u>	<u>Garment Grabs</u> <u>Neck Band</u> <u>Caught Behind</u>	<u>1<sup>st</sup> Weapon</u> <u>Of Choice</u>
<u>Black-Red</u>	<u>Flying Kicks</u>	<u>Palgwe 8</u>	<u>Against Punch</u> <u>Body Caught</u>	<u>2<sup>nd</sup> Weapon</u> <u>Of Choice</u>
<u>Bo Dan</u> (Jr. Black)	<u>Mid Air 360°</u> <u>Kicks</u>	<u>Koryo</u>	<u>Belt Caught,</u> <u>Police Locks</u>	<u>Sword Form</u>

# White Belt (9th Gup to get 8th Gup) Requirements for Testing to Yellow Belt:

\*\*RPMA Requirements

\*Palgwe Requirements

Poomse (Form): Four Directional Punch & Four Directional Block

## Techniques:

### Stance-

1. Walking Stance
2. \*Horse Stance
3. \*Ready Stance
4. \*Attention Stance

### Blocks-

1. High Block
2. Inner block
3. Middle Block
4. Low Block

### Kicks-

- |                      |                            |
|----------------------|----------------------------|
| 1. Front Snap Kick   | 6. **Rising Kick           |
| 2. **Back Kick       | 7. **Ax Kick               |
| 3. **Roundhouse Kick | 8. **Outside Crescent Kick |
| 4. **Hook Kick       | 9. **Inside Crescent Kick  |
| 5. **Side Kick       | 10. **Heel Kick            |

### Hand techniques-

1. Middle Punch with Horse Stance (single, double, triple 3<sup>rd</sup> punch high)
2. Reverse Middle Punch
3. Front High Section Punch
4. Knife-Hand strike
5. Side Knife-Hand strike
6. Ridge-Hand strike



**COURTESY**

THE GOLDEN RULE: DO UNTO OTHERS AS YOU  
WOULD HAVE THEM DO UNTO YOU. ~MATTHEW 7:12

## Four Directional Punching

1. Step right foot forward into **Walking Stance**,

**Forward Punch (Kiai)**

2. Turn left 90°, **Walking Stance**, left **Low Block**. Step right foot forward into **Walking Stance**, **Forward**

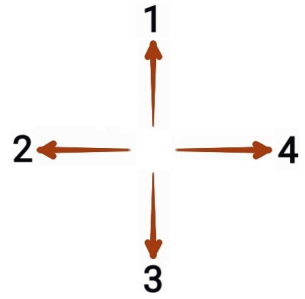
**Punch**

3. Turn left 90°, **Walking Stance**, left **Low Block**. Step right foot forwards into **Walking Stance**, **Forward**

**Punch**

4. Turn left 90°, **Walking Stance**, left **Low Block**. Step right foot forward into **Walking Stance**, **Forward Punch (Kiai)**

After a short pause, come to Ready Stance facing the front and repeat but the opposite way. (clockwise, left hand punches, right hand blocks).



## **Four Directional Blocking**

1. Step forward with right leg into **Walking Stance**, **Middle Block (Kiai)**

2. Turn left 90°, **Walking Stance**, left **Low Block**. Step forward with right leg into **Walking Stance**, **Middle Block**

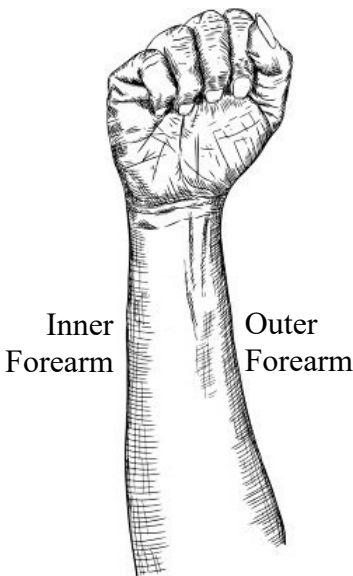
3. Turn left 90°, **Walking Stance**, left **Low Block**. Step forward with right leg into **Walking Stance**, **Middle Block**

4. Turn left 90°, **Walking Stance**, left **Low Block**. Step forward with right leg into **Walking Stance**, **Middle Block (Kiai)**

After a short pause, come to Ready Stance facing the front and repeat but the opposite way.

## Blocks

All White Belt Blocks are done with the Inner Forearm.



**Inside:** Travels toward the body.

**Outside:** Travels away from the body.

**High Block:** Right hand reaches toward the left shoulder and then presses above and in front of the head making a roof.

**Middle Block:** Right hand reaches toward the left shoulder and then presses outside to in front of the right shoulder, reaching as if knocking on a door.

**Low Block:** Right hand reaches toward the left shoulder and then presses down and outside the right hip as if pointing in front of your right foot.

**Inside Block:** Right hand reaches toward the right shoulder and then presses inside to in front of the left shoulder.

# Basic Stances

## **Class Stances:**



### **Attention Stance**

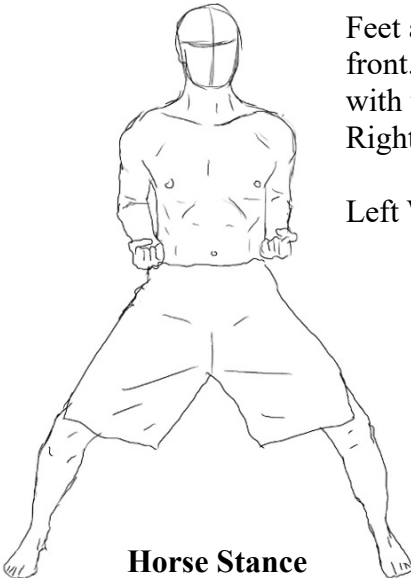
When the instructor calls ATTENTION:  
Right foot draws to left foot, hands clap the hips and yell back YES SIR/MA'AM

## **Ready Stance**

When the instructor calls READY:  
Right foot steps out to shoulder width, hands make fists in front of the belt and make an audible SHHH.



## **Combat Stances:**



### **Horse Stance**

Feet at double shoulder width, pointing forward. Knees are bent half way. Hands are in fists, palms up, at hips or shoulder

## **Walking Stance**

Feet at shoulder width with one foot in front. Both point forward. Knees are bent with the hands in fists near the head.

Right Walking Stance-

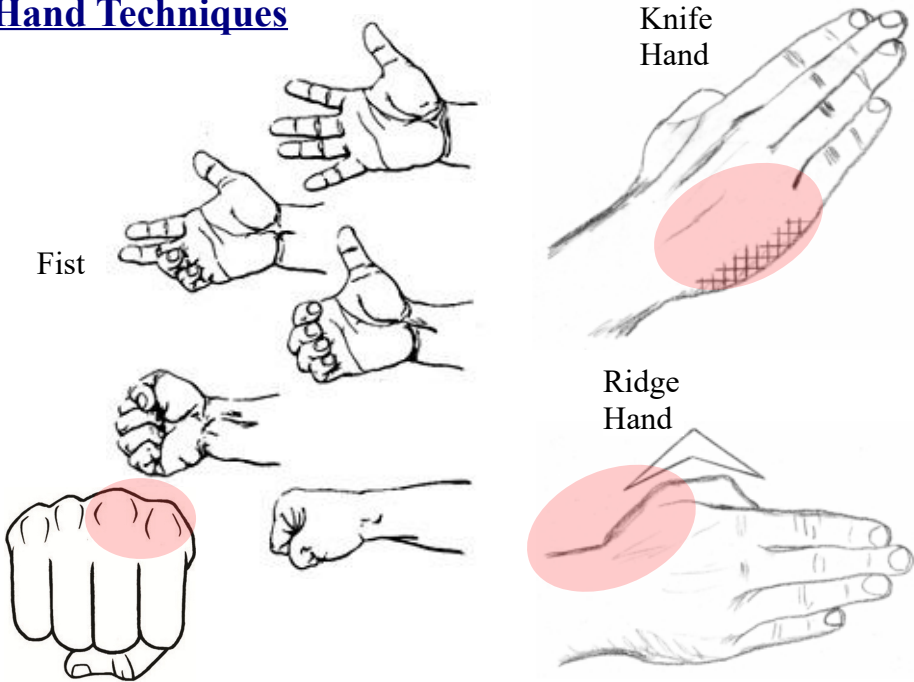
Right foot forward

Left Walking Stance-

Left foot forward



# Hand Techniques



## **Punching From Horse Stance:**

The fist twists from palm up, to palm down as the arm extends.

**Single Punch:** Punch one hand at a time, alternating fists. Middle Section.

**Double Punch:** Two punches alternating fists. Middle Section

**Triple Punch:** Three punches alternating fists with the third one high.

## **Punching From Walking Stance:**

The fist twists from palm in, to palm down as the arm extends.

**Front punch:** Punch with the front hand.

**Reverse Punch:** Punch with the back hand.

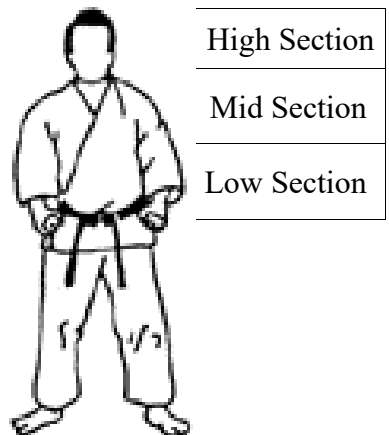
**Forward Punch:** Stepping forward with the back foot, punching with the back hand.

## **Knife-Hand Strikes:**

**Knife-Hand:** Right hand strikes from right shoulder to left hip.

**Side Knife-Hand:** Right hand strikes from left shoulder to right side.

**Ridge-Hand:** Travels like a punch but turns inside at the end.



## Basic Kicks:

Kicks at White Belt are done from a Walking Stance Kicking with the back leg.

### **Snap Kick:**

Lift the knee, extend the foot striking with the Ball or Instep. Bend the knee and return to stance.

### **Back Kick:**

Lift the knee, look over the shoulder and extend the foot back with the toes pointing down, striking with the Heel. Lift the knee back to the front and return to stance.

### **Round House Kick:**

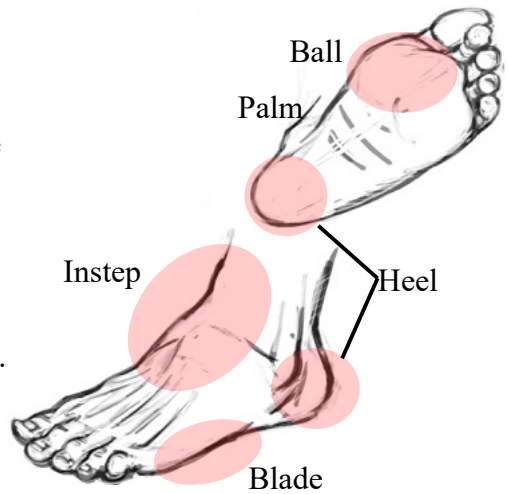
Lift the knee and rotate the hips so that the shin is level with the ground. Extend the foot striking with the Ball or Instep. Bend the knee and return to stance.

### **Side Kick:**

Turning the hips to face sideways, lift the knee to the inside. Extend the foot side ways striking with the Heel or Blade of the foot. Bend the knee and return to stance.

### **Hook Kick:**

Turning the hips to face sideways, lift the knee to the inside. Extend the foot side ways then pull the foot back, striking with the Heel. Bend the knee and return to stance.



### **Rising Kick:**

Lift the right leg straight over the right shoulder Striking with the Instep.

### **Ax Kick:**

Start with Rising Kick the drop the foot down striking with the Heel.

### **Inside Crescent Kick:**

Start with Rising Kick then pull the foot inside striking with the Palm.

### **Outside Crescent Kick:**

Start with Rising Kick then pull the foot outside striking with the Blade.

### **Heel Kick:**

Turning the hips to face sideways, lift the knee to the inside. Extend the foot side ways then pull the leg back (keeping it straight), striking with the Heel like a sideways Ax Kick.



# Yellow Belt (8th Gup to 7th Gup) Requirements for Testing to Purple Belt:

\*\*RPMA Requirements

\*Palgwe Requirements

**Poomse (Form):** [Palgwe 1](#)

## **Techniques:**

- Stance- \*L-Stance
- Hand techniques- \*Inside Knife-Hand strike
- Kicks- [Previous Kicks off of front leg](#)
- [Hapkido Strikes](#)- Knuckle Fist Strike, Flat Fist Strike, Back Fist Strike, Palm Strike, Hammer Fist Strike, Elbow Strike
- [Hapkido Kicks](#)- 45° Snap, Lower Outer Kick, Lower Cross Kick, Knee Strike, Lower Circular Kick, Lower Heel Kick

**Self Defense:** \*\*[Escapes from grabs](#)

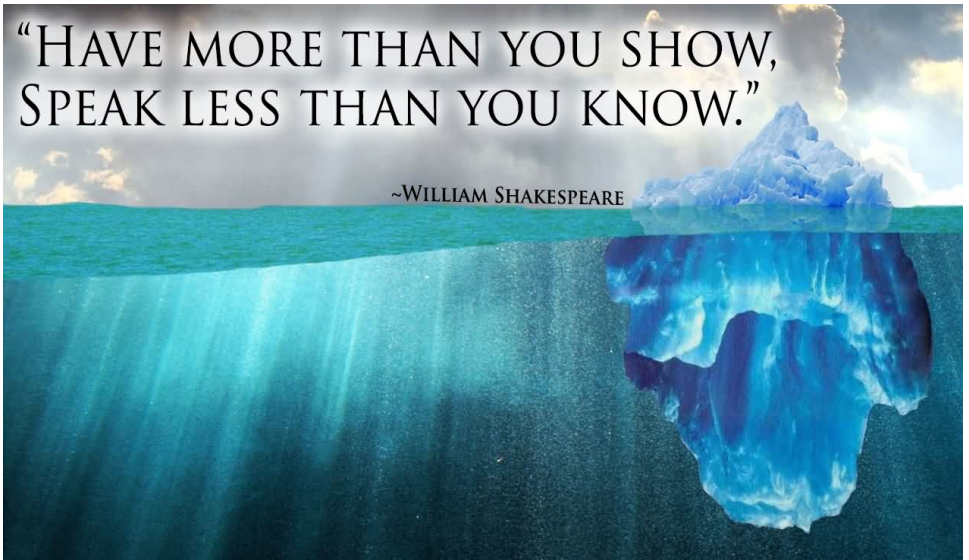
**Sparring:** \*\*Three-step Sparring 1 – 5 (Optional)

**Basic Falls:** [Front Fall](#), [Back Fall](#), [Right Side Fall](#), [Left Side Fall](#)

## MODESTY

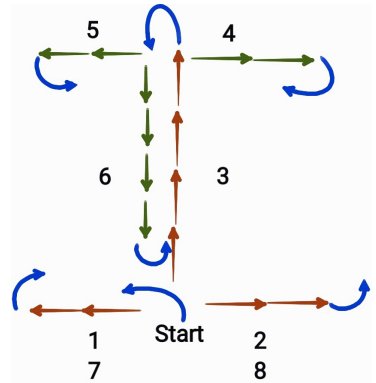
“HAVE MORE THAN YOU SHOW,  
SPEAK LESS THAN YOU KNOW.”

~WILLIAM SHAKESPEARE



## Palgwe 1

1. Turn left 90° to left **Walking Stance**, left **Low Block**, step forward with right foot into **Walking Stance**, right **Inside Block**.
2. Turn right 180° to right **Walking Stance**, right **Low Block**, step forward with left foot into **Walking Stance**, left **Inside Block**.
3. Turn left 90° to left **Walking Stance**, left **Low Block**, step forward to right **L-Stance**, right **Inside Block**, step forward to left **L-Stance**, left **Inside Block**, step forward to right **Walking Stance High**, right **Section Punch** and **Kihap!**
4. Turn left 270° to left **L-Stance**, left **Knife Hand Guarding Block**, step forward with right foot into **Walking Stance**, right **Inside Block**.
5. Turn right 180° to right **L-Stance**, right **Knife Hand Guarding Block**, step forward with left foot into **Walking Stance**, left **Inside Block**.
6. Turn left 90° to left **Walking Stance**, **Low Block** left hand, step forward to right **Walking Stance** right **Inside Knife-Hand Strike**, step forward to left **Walking Stance**, **Inside Knife-Hand Strike**, step forward to right **Walking Stance**, right **High Section Punch** and **Kihap!**
7. Turn left 270° to left **Walking Stance**, left **Low Block**, step forward with right foot into **Walking Stance**, right **Inside Block**.
8. Turn right 180° to right **Walking Stance**, right **Low Block**, step forward with left foot into **Walking Stance**, left **Inside Block** and **Kihap!**



## Three Step Sparring 1-5

**Attack:** For the first five techniques the attack is three middle section **Forward Punches** in **Walking Stance**, start with left **Guard Stance**.

**DEFENSES AS BELOW START FROM Ready Stance**

1. **Defense:** Right leg back to left **L-Stance**, **Inside Block** three times, alternating stances.(Closing)

**Counter:** left hand **Back Fist**.

2. **Defense:** Left leg back to right **L-Stance**, **Inside Block** block three times, alternating stances.(Opening)

**Counter:** Left hand **Reverse Punch**.

3. **Defense:** Right leg back to left **L-Stance**, **Middle Block** three times, alternating stances.(Opening)

**Counter:** Left leg **Snap Kick**

4. **Defense:** Left leg back to right **L-Stance**, **Middle Block** three times, alternating stances.(Closing)

**Counter:** Right leg **Roundhouse Kick**.

5. **Defense:** Right leg back to left **L-Stance**, **Outer Forearm Block** to the inside two times.(Opening)

**Counter:** Move the right foot into **Sitting Stance** parallel to opponent, left **Outer Forearm Block** and an **Upset Punch** simultaneously.

## Basic Falls

Front Fall



Back Fall



Side Fall



## Escapes From Grabs

1. Against out side wrist grab. Turn your thumb to open part of their grip. Step back with your left foot into a **Back Stance** and pull both hands next to the left shoulder. High section **Back Fist**.
2. Against out side wrist grab. With the right hand draw and anticlockwise circle and re-grab left hand. Step forward with left foot into a left **Walking Stance**. At the same time, left high section **Palm Strike** while pulling back and down with the right hand.
3. Against double outside wrist grab. Turn your right thumb to open part of their grip. Step back with your left foot a **Back Stance** and pull both hands next to the left shoulder. High section **Back Fist**.
- 4 Against double outside wrist grab. Rotate both hands in an outward circle, re-grabbing both hands. Pull back & **Knee Kick**.
5. Against Choke from the front. Raise right arm strait up to the sky. Turn left 90°. Step back with left foot into a **Back Stance**, pressing the right arm toward the left shoulder to release the grab. High section **Back Fist**.
6. Against Choke from the front. Pin thumbs to chest with the chin. Hop into **Horse Stance** & middle section **Double Punch. Double Middle Block**, knocking the hands away. High section **Double Punch**.
7. Against Choke from behind. Step out with your right foot into **Horse Stance**. Left **Hammer Fist** to the groin. Raise left arm. Turn left 180° pivoting on the right foot. Step with left foot into **Horse Stance**. High section **Double Punch**, right then left.
8. Against smother from behind. Reach up with right hand and grab their thumb. Peel thumb down and **Stomp** with your right foot on the top of their right foot. Step right foot out into **Sitting Stance**. Left low **Elbow Strike** followed by left high **Elbow Strike**. Press right arm out and duck under. **Arm-bar**.
9. Against Head lock. Turn left 90° pivoting on the left foot to step around with your right foot into **Sitting Stance**. At the same time pull down on their right arm with both hands while turning your face into their body. Reach up for the back of their hair with you left hand while Punching them in the groin with your right hand. Left hand pulls their head backward and down while you **Punch (Hammer Fist)** to the throat/face.
10. Against two hands caught from behind. Step forward into left **Walking Stance** pulling arms forward. **Back Kick** to stomach.

# Purple Belt(7th Gup to get 6th Gup) Requirements for Testing to Green Belt

\*\*RPMA Requirements

\*Palgwe Requirements

Poomse (Form): [Palgwe 2](#)

## Techniques:

• Blocks- \*Low section Knife-Hand Guarding Block, \*middle section double forearm block, \*low section double forearm block

• Kicks- [Previous Kicks with a slide](#):

**Self Defense: \*\*Rolls: Double Shoulder, Single Shoulder, Back, Side**

**\*\*Falls From Standing & Rolls (Front, Back, Side) \*\*[Feather Set](#)**

**Sparring: \*\*Three-step Sparring 1 – 10 (Optional) & Free Sparring**

**Weapon: \*\*[Basic Stick & Staff Movement](#): Basic Grips (*Fig A-B*), Blocks (*Fig C*) & Circles & Figure 8 (*Fig D-F*)**

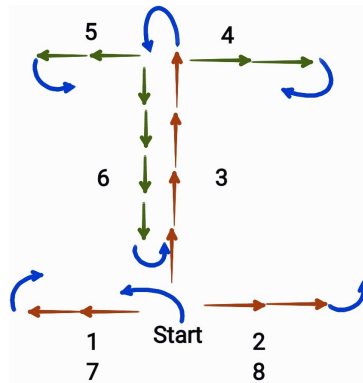


## INTEGRITY

DO WHAT YOU KNOW IS RIGHT, ALWAYS.  
WITH COMMITMENT TO YOUR DEEPEST CONVICTIONS  
YOU STAND TALL AGAINST TIME AND TIDE.

## Palgwe 2

1. Turn left 90° to left **Walking Stance**, left **High Block**, right leg high **Snap Kick**, step into right **Walking Stance**, right **Middle Punch**.
2. Turn right 180° to right **Walking Stance**, right **High Block**, left leg high **Snap Kick**, step into left **Walking Stance**, left **Middle Punch**.
3. Turn left 90° to left **L-Stance**, left **Low Section Knife-Hand Guarding Block**, step forward right foot to right **L-Stance**, right **Knife Hand Middle Block**, step forward to left **Walking Stance**, left **High Block**, step forward to right **Walking Stance**, right **Middle Punch** and **Kihap!**
4. Turn left 270° to left **Walking Stance**, left **High Block**, right leg high **Snap Kick**, step into right **Walking Stance**, right **Middle Punch**.
5. Turn right 180° to right **Walking Stance**, right **High Block**, left leg high **Snap Kick**, step into left **Walking Stance**, left **Middle Punch**.
6. Turn left 90° to left **Back Stance**, **Double Fist Low Block**, step forward to right **L-Stance**, **Double Fist Middle Block**, step forward to left **L-Stance**, left **Inside Block**, step forward to right **Walking Stance**, right **Middle Punch** and **Kihap!**
7. Turn left 270° to left **Walking Stance**, left **High Block**, right leg high **Snap Kick**, step into right **Walking Stance**, right **Middle Punch**.
8. Turn right 180° to right **Walking Stance**, right **High Block**, left leg high **Snap Kick**, step into left **Walking Stance**, left **Middle Punch**. **Kihap!**





## Three Step Sparring 6-10

6. **Attack:** Three middle section *Forward Punches* in *Walking Stance*, start with left **Guard Stance**.

**Defense:** Left leg back to right **L-Stance**, *Outer Forearm Block* to the inside **two times**.(Closing)

**Counter:** Step left leg sideways to **Horse Stance** with simultaneous right *Outer Forearm Block*, left high section *Reverse Punch*.

7. **Attack:** Three high section *Forward Punches* in *Walking Stance*, start with left **Guard Stance**.

**Defense:** Right leg back to left **L-Stance**, *High Block* **two times**.

**Counter:** Step left foot forward to **Walking Stance** with simultaneous left *High Block* at the partner's elbow, right *Upward Elbow* strike.

8. **Attack:** Three middle section *Snap Kicks*, start with left **Guard Stance**.

**Defense:** Left leg back to right **L-Stance**, *Low Block* **two times**.(Closing)

**Counter:** Step left foot forward to **Walking Stance** with simultaneous right *Low Block*, draw right foot to left foot, right *Side Kick* to ribs.

9. **Attack:** Three middle section *Roundhouse Kicks*, left **Guard Stance**.

**Defense:** Right leg back to left **L-Stance**, *Low Block* **two times**.(Opening)

**Counter:** Move the right foot into **Horse Stance** parallel to opponent with simultaneous *Low Block*, right *Upward Elbow* strike under the chin.

10. **Attack:** Three middle section *Side Kicks*, start left **Guard Stance**.

**Defense:** Right leg back to left **L-Stance**, *Inner Palm Block* **two times**.

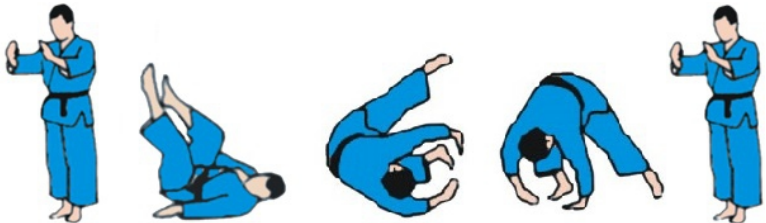
**Counter:** Step left leg forward to left **Walking Stance** with simultaneous left *Inner Palm Block*, right *Ridge Hand* strike to face, left *Reverse Punch* to temple, spin *Hammer Fist* to head.

## Basic Rolls

Shoulder Roll  
Double &  
Single



Back Roll



Side Roll



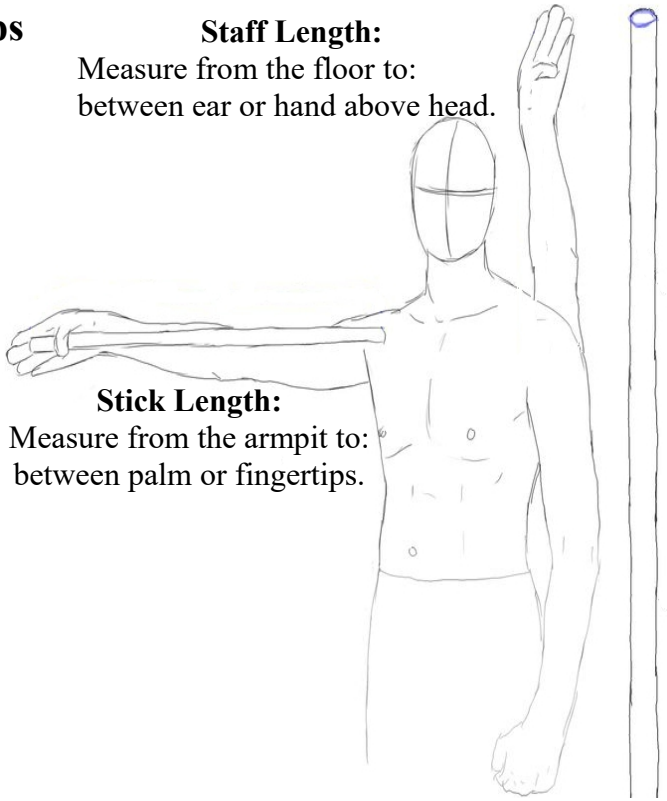
**Feather Set:** Double Shoulder Roll → Front Fall → Back Roll → Back Fall → R-Side Roll → R-Side Fall → L-Side Roll → L-Side Fall → R-Outside Crescent Ax Kick, L-Inside Crescent Ax Kick to stand → L-Shoulder Roll → R-Shoulder Roll

## Fig A: Stick Grips



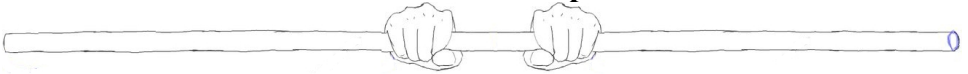
**Staff Length:**  
Measure from the floor to:  
between ear or hand above head.

**Stick Length:**  
Measure from the armpit to:  
between palm or fingertips.



## Fig B: Staff Grips

**Forward Grip**



**Reverse Grip**

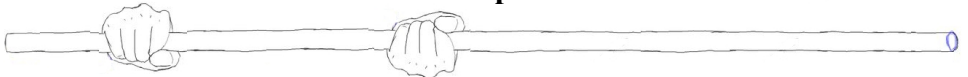
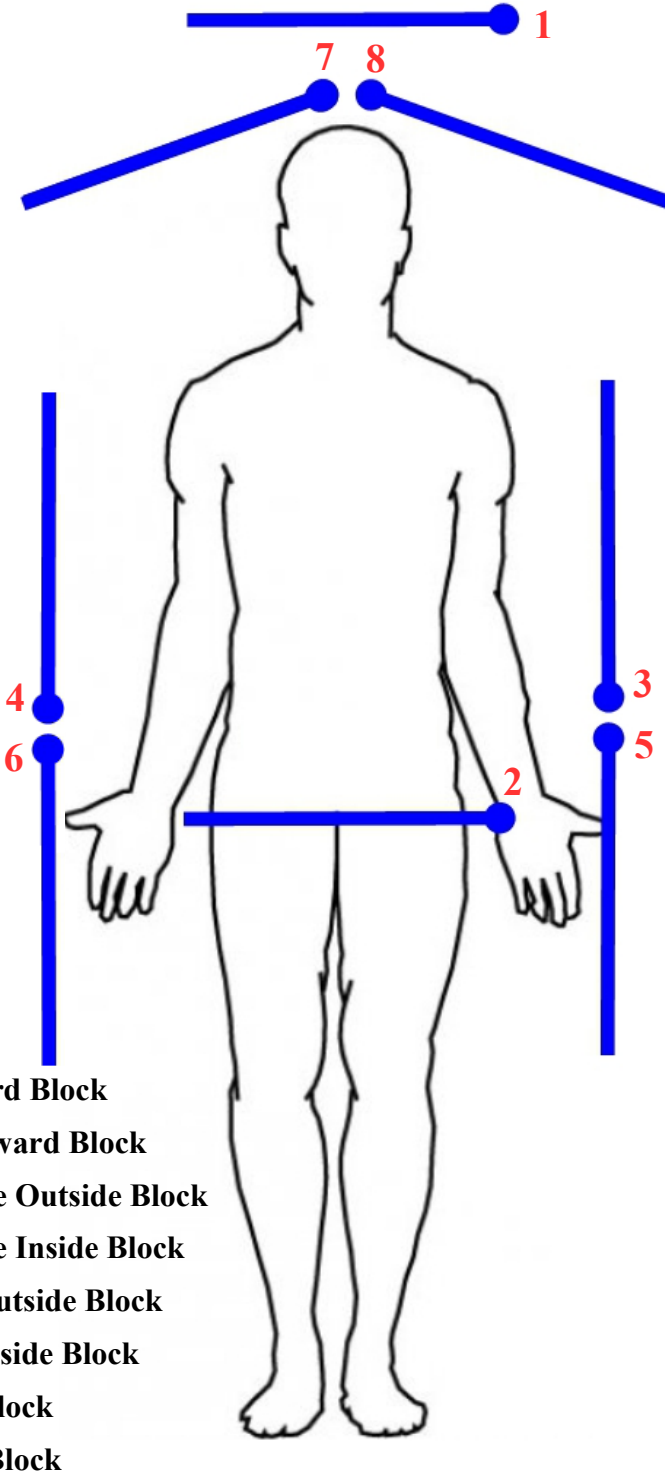




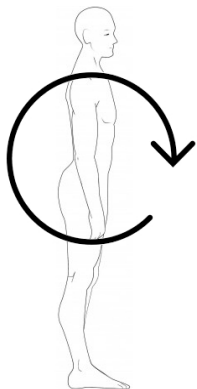
Fig C: Basic Weapon Blocks



- 1- Upward Block**
- 2- Downward Block**
- 3- Middle Outside Block**
- 4- Middle Inside Block**
- 5- Low Outside Block**
- 6- Low Inside Block**
- 7- Roof Block**
- 8- Wing Block**

## FIG D: Stick Circles

Downward



**With the stick in the right hand:**

**Outside Circle**

Right side of the body.

**Inside Circle**

Left side of the body.

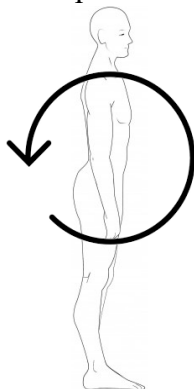
At the bottom of the Downward Circle  
the stick can be switched to:

Reverse Grip- thumb near pomel

At the bottom of the Upward Circle  
the stick can be switched to:

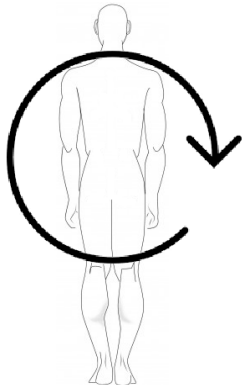
Forward Grip- pinky near pommel

Upward



## FIG E: Staff Circles

Outside



**From Horse Stance:**

Inside Circle & Outside Circle

**From Left Walking Stance:**

Downward and Upward Circle  
(FIG A)

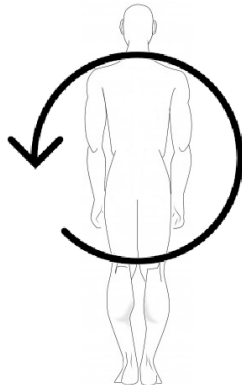
**Inside Circle**

Right side of the body.

**Outside Circle**

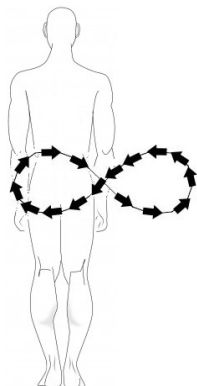
Left side of the body.

Inside



## FIG F: Figure 8

Downward



**With the Stick:**

Forward Grip (up & down)

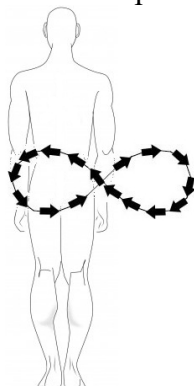
Reverse Grip (up & down)

**With the Staff:**

Forward Grip (up & down)

Reverse Grip (up & down)

Upward



# Green Belt(6th Gup to get 5th Gup) Requirements for Testing to Blue Belt

\*\*RPMA Requirements

\*Palgwe Requirements

Poomse (Form): [Palgwe 3](#)

Techniques: [Previous Kicks with a Step in front or step behind](#)

Self Defense: \*\*[Attacking Joint \(10\)](#)

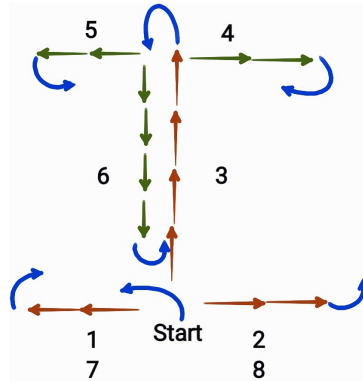
Sparring: \*\*Two-step sparring 1 – 5 (Optional), Free sparring

Weapon: \*\*[24 Count with stick & staff](#) (*Fig G*)



### Palgwe 3

1. Turn left 90° to left **Walking Stance**, left **Low Block** and **Kihap!** Dstep forward to right **Walking Stance**, right **Middle Punch**.
2. Turn right 180° to right **Walking Stance**, right **Low Block** right, step forward to left **Walking Stance**, left **Middle Punch**.
3. Turn left 90° to left **Walking Stance**, left **Low Block**, step forward to right **Walking Stance**, right **High Block**, step forward to left **Walking Stance**, left **High Block**, step forward to right **Walking Stance**, right **High Punch**.
4. Turn left 270° to left **L-Stance**, left **Knife-Hand Middle Block**, step forward to right **L-Stance**, right **Knife-Hand Middle Block**.
5. Turn right 180° to right **L-Stance**, right **Knife-Hand Middle Block**, step forward to left **L-Stance** left **Knife-Hand Middle Block**.
6. Turn left 90 ° to left **L-Stance**, left **Outer Forearm Block**, turn right 180° to right **L-Stance**, right **Outer Forearm Block**, step back to left **L-Stance**, left **Inside Block**, step back to right **L-Stance**, right **Inner Forearm Block**, step back to left **L-Stance**, left **Inside Block**, turn right 180° to right **L-Stance**, right **Outer Forearm Block** and **Kihap!**
7. Turn left 270° to left **Walking Stance**, left **High Block**, step forward to right **Walking Stance**, right **High Punch**.
8. Turn right 180° to right **Walking Stance**, right **High Block**, step forward to left **Walking Stance**, left **High Punch** and **Kihap!**



## **Two-Step Sparring**

1. **Attack:** Right *Forward Punch*, left *Forward Punch*

**Defender:** Step back right **L-Stance**, right *Middle Block*, step right 90°, left **Back Stance**, left *Hooking Block*

**Counter:** Left *Roundhouse Kick*, to ribs, left high *Outside Crescent Kick*

2. **Attack:** Right *Forward Punch*, left *Reverse Punch*

**Defender:** Step back left **L-Stance**, left *Middle Block*, on the spot left *Inside Block*

**Counter:** Draw left leg to left **Cat Stance**, left *Side Kick* to ribs, land left foot to left **Horse Stance**, left *Side Knife-Hand* strike to neck

3. **Attack:** Right leg *Snap Kick*, left leg *Snap Kick*, moving forward

**Defender:** Hop backward into left **L-Stance**, left *Knife-Hand Guarding Block*, hop backward into right **L-Stance**, right *KHGB*

**Counter:** right leg *Hopping Side Kick* to ribs, land right leg to right **Horse Stance**, *Back-Fist* to face, step right foot to right **Walking Stance**, left *Reverse Punch*

4. **Attack:** Right leg *Snap Kick*, left leg *Roundhouse Kick*, moving forward

**Defender:** Hop backward into left **L-Stance**, left *Knife-Hand Guarding Block*, step forward, right **Walking Stance**, low *Double Fist Block*

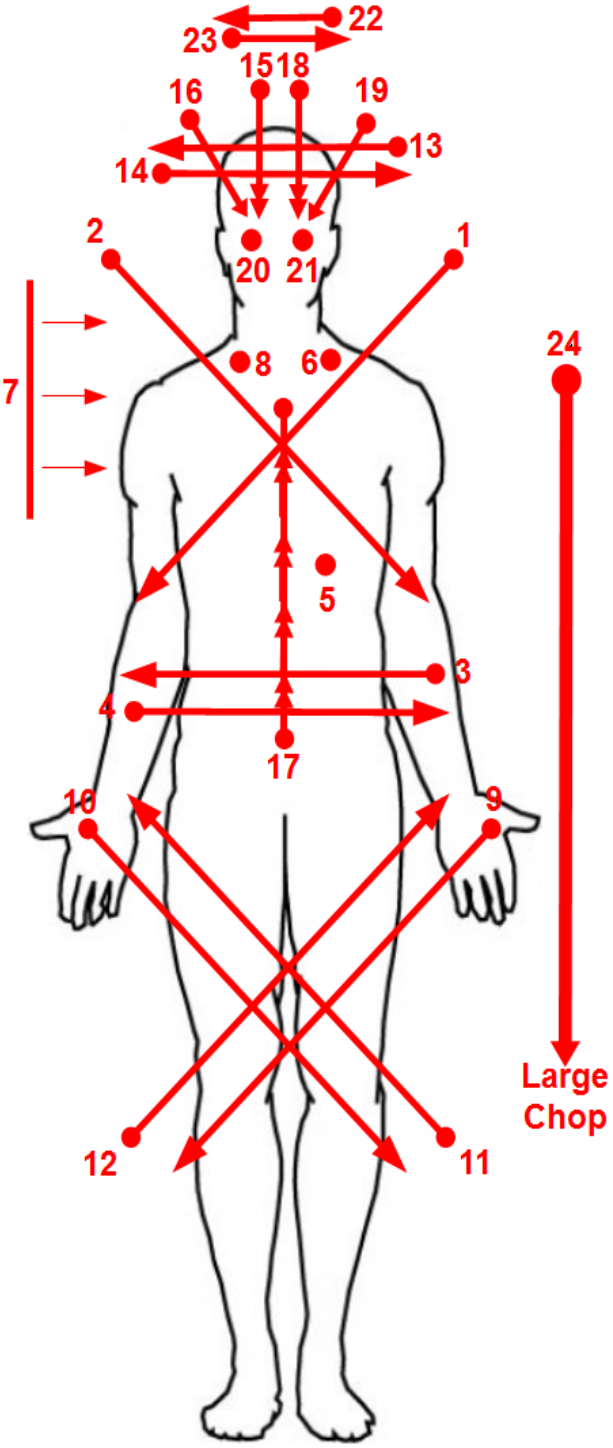
**Counter:** Left *Knee* strike to ribs, land in left **Walking Stance**, right *Front Elbow* strike to temple

5. **Attack:** Right *Forward Punch*, step forward left *Ridge-Hand* strike

**Defender:** Step back left **L-Stance**, left *Middle Block*, step back right **L-Stance**, right *Middle Hooking Block*

**Counter:** *Triple kick right leg*, low *Roundhouse Kick* to back of knee, mid section *Side Kick* to ribs, high section *Hook Kick* to face

**FIG G:**  
**24 Count**



## Attacking Joint (1 – 10)

*In this description, the student demonstrates ten attacking joint techniques against a partner's right hand. The partner will stand in ready position with Live Hands and taps when they feel pain. Techniques should be practice against the left hand as well.*

*(Locks used (7): Outside wrist lock, Inside wrist lock, Upward twisting lock, Downward 4-fingers lock, Downward Crane, Arm-bar, and Wizzer Take-Down.)*

1: Step forward to a left **Walking Stance**. With left hand grab the back of their right hand. Bringing right foot to left, turn left 90°, bring your *right forearm (Live Hand) perpendicular to their right forearm*. Step back left foot into a right **Walking Stance** and press their forearm downward, drawing a circle with your Live hand. **Wizzer Take-Down.**

2: Step forward to left **Walking Stance**. With left hand, grab their right fingers (with your Fan Tech pointing across the back of their knuckles toward pinky). Draw right foot to left foot (**Attention**), turning right 90° pointing their fingers toward the sky. Step right foot back to **Horse Stance** and press their palm to the ground. **Downward 4-fingers lock.**

3: Step forward to left **Walking Stance**. With left hand, grab their right hand on the thumb. Step to left into a right **Walking Stance**, grabbing wrist with both hands. **Outside Wrist Lock.**

4: Step forward to left **Walking Stance**. With left hand, grab their right hand on the thumb. Turn right 180° bringing left foot to right. Step forward with left foot into a left **Walking Stance** pulling partner's balance forward. When they resist, turn left 180° bring left foot to right foot. (attention) Turn left 45° stepping forward with the right foot into a right **Walking Stance**. **Outside wrist lock.**

5: Step forward to left **Walking Stance**. With left hand, grab their right hand on the thumb. Step forward into a right **Walking Stance**, grabbing wrist with both hands. Draw left foot to right foot. Turn left 180°, stepping with the left foot into a **Horse Stance**. **Outside wrist lock.**

6: **Cross Step** right foot in front of Partner's left foot. With right hand, grab their right hand on the thumb. Draw left foot to right (**Attention**), turning right 90° while twisting their palm to face the knot of your belt. With your left hand, grab on their right arm above the wrist. Step out with right foot into a **Horse Stance**. **Downward Crane Lock** (break the twig).

7: **Cross Step** right foot in front of Partner's left foot. With right hand, grab Partner's right hand on the thumb. Draw left foot to right (**Attention**), turning right 90° while bringing Partners right palm against the right hip. The left hand, reaches under Partner's arm and grabs the back of your right wrist. Step forward with the left foot into left **Walking Stance** attacking Partner's right elbow with the left shoulder. **Arm-Bar** (using shoulder).

8: Step forward with right foot to right **Walking Stance**. With right hand, grab their right hand on the pinky. Draw right foot to left turning right 90°, while twisting their hand so their fingers point to the ceiling and bring the back of their wrist into the center of your chest. Step forward with the left foot into a left **Walking Stance** while pressing downward on the arm, two inches above their elbow with your left forearm (Live Hand). **Inside Wrist Lock Arm-Bar**.

9: Step forward to a right **Walking Stance**. With right hand, grab their right hand on the thumb. Grab wrist with both hands thumbs on top. Turn right 45°. With left foot step into a left **Walking Stance** pressing the arm forward. Duck under their shoulder, turn right 180°, draw right foot to left, step back with right foot into a left **Walking Stance**. Draw anticlockwise circle from the level of their shoulder to under their waist. Duck under **Outside Wrist Lock** throw.

10: Step forward to left **Walking Stance**. With left hand, grab right hand on pinky. Draw right foot to left, grab wrist with both hands, thumbs on top. Pivoting on the left foot, turn left 270° ducking under their shoulder, turn their palm to the sky. Step right foot to **Horse Stance**, turn their fingers so they point at their nose. **Upward Twisting Lock**.



**Blue Belt(5th Gup to get 4th Gup)**  
**Requirements for Testing to Brown Belt**

\*\*RPMA Requirements

\*Palgwe Requirements

**Poomse (Form):** [Palgwe 4](#)

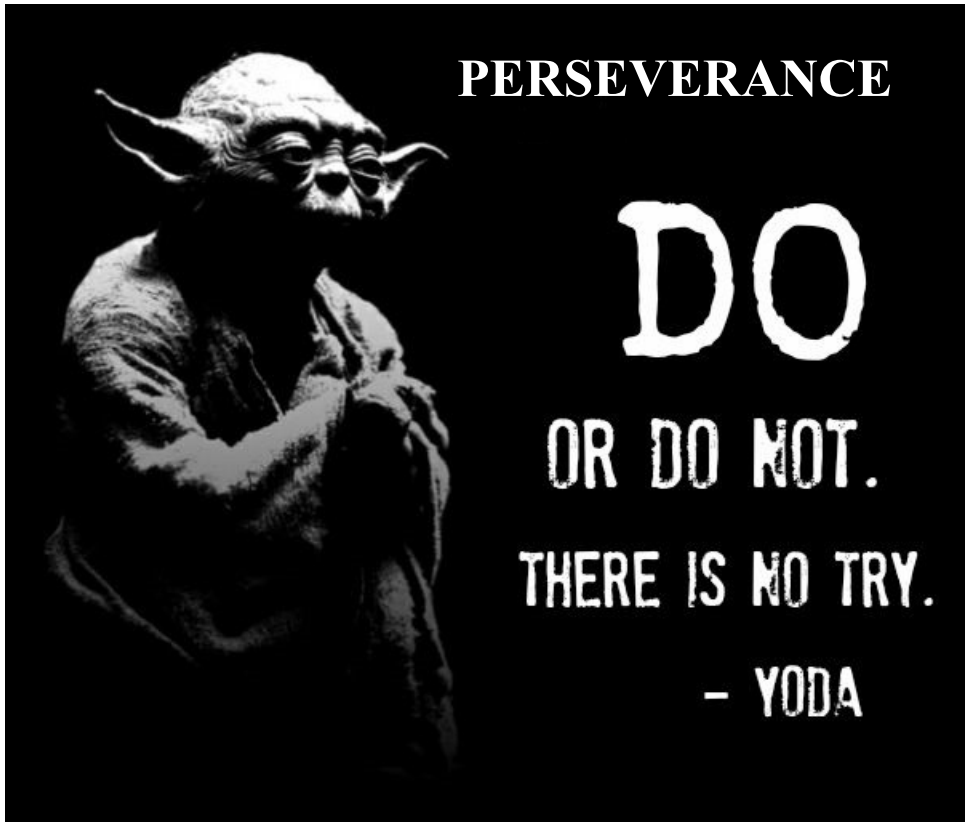
**Techniques:**

- Hand techniques- \*Uppercut strike, \*side hammer-fist, \*spear finger strike
- Blocks- \*Twin forearm block
- Kicks- [Previous Kicks with Hop, Single Takeoff & Double Takeoff](#);

**Self Defense:** \*\*[Inside wrist \(Attacking Joint\)](#)

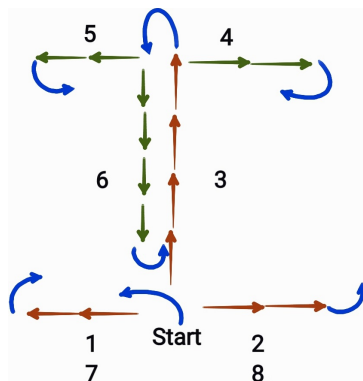
**Sparring:** \*\*Two-step sparring 1 – 10 (Optional) & Free sparring

**Weapon:** \*\*[Defense Against Weapon Grab](#)



## Palgwe 4

1. Turn left 90° to left **L-Stance**, right hand **High Block** left hand **Outer Forearm Block**, right hand **Uppercut** up below left arm, step left foot back to **Ready Stance**, left hand **Side Knife-Hand** strike.
2. Turn right 180° to right **L-Stance**, left hand **High Block** right hand **Outer Forearm Block**, left hand **Uppercut** up below right arm, step right foot back to **Ready Stance**, right hand **Side Knife-Hand** strike.
3. Step with left foot 90° to **Side Knife-Hand**, left **Middle Section Knife-Hand Guarding Block**, right foot middle section **Front Kick**, right foot lands in **Front Stance**, right hand **Spear-Finger** strike, release right hand while turning left 360° to left **Front Stance**, left hand **Side Hammer-Fist**, step forward right foot to **Front Stance**, right hand **Middle Punch** and **Kihap!**
4. Turn left 270° to left **L-Stance**, right hand **High Block** left hand **Outer Forearm Block**, right hand **Uppercut** up below left arm, step left foot back to **Ready Stance**, left hand **Side Knife-Hand** strike.
5. Turn right 180° to right **L-Stance**, left hand **High Block** right hand **Outer Forearm Block**, left hand **Uppercut** up below right arm, step right foot back to **Ready Stance**, right hand **Side Knife-Hand** strike.
6. Step with left foot 90° to **L-Stance**, left **Middle Section Knife-Hand Guarding Block**, right foot middle section **Front Kick**, right foot lands in **Front Stance**, right hand **Spear-Finger** strike, release right hand while turning left 360° to left **Front Stance**, left hand **Side Hammer-Fist**, step forward right foot to **Front Stance**, right hand **Middle Punch** and **Kihap!**
7. Turn left 270° to **Horse Stance**, left arm **Low Blocking** at left side, move left foot to a left **Front Stance**, right hand middle **Reverse Punch**.
8. Move left foot to **Horse Stance** turn right 180° **Low Block** with the right arm at right side, move right foot to a right **Front Stance** left hand middle **Reverse Punch** and **Kihap!**



## Two-Step Sparring

6. **Attack:** Right mid-section *Roundhouse Kick*, left mid-section *Roundhouse Kick*, moving forward

**Defender:** Step back left **L-Stance**, left *Knife-Hand Guarding Block*, step left foot forward 45°, left **Walking Stance**

**Counter:** Right leg *Side Kick* to stomach, land right leg to right **Horse Stance**, right side *Knife-Hand* strike to neck, step right foot out to right **Walking Stance**, left *Reverse Punch* to solar plexus

7. **Attack:** Double kick right leg, high section *Roundhouse Kick*, mid section *Roundhouse Kick*

**Defender:** Step back, left **L-Stance**, left high section *Double Forearm Block*, on the spot, low section *Double Forearm Block*

**Counter:** Right outside *Knife-Hand* strike, left reverse *Knife-Hand* strike, left mid section *Side Kick*

8. partner: Right *Forward Punch*, step forward, left *Upper Punch*

**Defender:** Step back left **L-Stance**, left *Outer Forearm Block*, step back right **L-Stance**, right *Low Block*

**Counter:** On the spot right *Back Fist* to face, right *Side Kick* to ribs, land right foot to left, high section *Back Spin Hook Kick* with left leg

9. **Attack:** Right *Forward Punch*, step forward, left *Downward Knife-Hand* strike

**Defender:** Step back left **L-Stance**, left *Reverse Knife-Hand* block, step forward and right 45°, right **Walking Stance**, right *Downward Palm Block*

**Counter:** Left high section *Ridge-Hand* strike, left foot to right, **Vertical Stance**, right high section *Spin Knife-Hand* strike, right *Side Kick* to ribs

10. **Attack:** Left leg *Snap Kick*, back leg *Roundhouse Kick* on the spot

**Defender:** Step back, left **L-Stance**, left *Knife-Hand Guarding Block*, hop right 45° while doing a mid section double take-off *Snap Kick*, kicking with the left leg

**Counter:** Without setting the foot down, left mid section *Side Kick*, land left foot to right foot, high section back spin heel kick with right leg

## Inside Wrist (Attacking Joint)

*In this description, the partner is stepping forward into a right **Walking Stance**, reaching across and grabbing the inside of the defenders right wrist.*

*New throw used: Fireman's carry*

1. Circle right hand up to catch with left hand on their thumb. Press down on their thumb with your right forearm to release. Press your right forearm across the back of partner's hand. Turn left 45° and step into a right **Walking Stance**. **Outside wrist lock w/elbow**
2. Circle right hand up to catch with left hand on their thumb. Turn left 90°. Step out with the right foot into Sitting Stance. **Side elbow strike with outside wrist lock**.
3. With left hand, grab the thumb of their right hand. Step with right foot into Sitting Stance and release right hand. Left foot to right, grab with both hands, left foot to right. Turn left 180° and step with left foot into Sitting Stance. **Outside wrist lock**.
4. With left hand, grab right wrist. Step back with right foot into a left **Walking Stance** and release right hand. **High section punch**.
5. With left hand, grab the back their right wrist. Release right hand. Turn left 90° and step into a Sitting Stance with your right foot between their feet. Reach through the legs with your right hand pulling their body across your lower back with your left hand. **Fireman's carry**.
6. Step right 45° into a right **Walking Stance** while pressing out with right live hand. With your left hand, grab the partner's right thumb and release your right hand. Grab with both hands, step forward into left **Walking Stance** while ducking under their shoulder. While pivoting on the left foot, turn right 180° and step back with right foot into left **Walking Stance**. **Outside wrist lock throw**.
7. Cross step forward with your right foot. Draw an anticlockwise circle with your right hand and re-grab the inside of the wrist. Turn right 180° pivoting on the right foot and lift their elbow onto your left shoulder, stepping out with the left foot into a Sitting Stance. Pull down on the hand and lift with your legs. **Upward Arm-bar**.
8. Draw an anticlockwise circle with your right hand and re-grab the inside of the wrist. Turn left 180° pivoting on the left foot and press the back of your left hand into the center of your lower back, thumb pointing up. Bring the back of the partner's hand into your left hand while stepping out with your right foot into a Sitting Stance (looking at partner over your left shoulder). **Outside wrist lock**.
9. Draw an anticlockwise circle with your right hand and re-grab the inside of the wrist. Grab with both hands and turn right 90° stepping forward with you left foot into left **Walking Stance**. Turn right 180° ducking under their shoulder. Kneel on you left knee and pull the outside wrist lock behind their shoulder to the floor. **Ring the Bell**
10. Draw an anticlockwise circle with your right hand and re-grab the inside of the wrist. Turn right 90°. Twist their hand into an outside wrist lock while stepping with your left foot between their feet into a Sitting Stance. Reach through the legs with your left hand pulling their body across your lower back with your right hand applying the outside wrist lock. **Fireman's carry, outside wrist lock throw**.

# Defense Against Weapon Grab

## **Two-hands grabbing (palm up or down)- Striking**

1. Left hand pulls stick to left hip stepping back with left foot, right hand pushes stick over top of attackers arms. **Strike to head.**
2. Left hand pulls stick to left hip stepping back with left foot, right hand pushes stick under attackers arms. **Strike to body.**

## **Two-hands grabbing (palm down)- Attacking joint**

1. Left hand thumb, pins attacker's right pinky to stick. Left hand lifts stick up to vertical (attackers pinky up) push/pull for **crane lock.**
2. Left hand thumb, pins attacker's right pinky to stick. left hand pushes stick down to vertical. Turn right 45°. With left foot step into a left walking stance pressing left arm forward(turning stick horizontal) ducking under their shoulder. Turn right 180° left hand turning stick vertical, draw right foot to left, step back with right foot into a left walking stance. **Duck under outside wrist lock throw**
3. Left hand reaches across to grab attackers left thumb(thumb to thumb). Right hand lifts stick up to vertical. push/pull for **crane lock.**
4. Left hand reaches across to grab attackers left thumb(thumb to thumb). Left hand pushes stick down to vertical. Turn right 45°. With left foot step forward into a left walking stance pressing left arm forward(turning stick horizontal) ducking under their arm. Turn right 180° to right cat stance. Push pull for **twisting lock.**
5. Left hand reaches across to grab attackers left wrist. Left hand pulls attacker left wrist to pin to your left hip/right hand pushes stick down across attackers hips. Right hand rotates stick clock-wise circle to lift vertical(pommel up), tip of the stick hooks inside the attackers left hip. Right hand push stick forward (for stick- go inside under armpit) (for staff- go around the outside of your elbow) for **Arm-Bar.**

## **Two hands grabbing palm up attacking joint**

1. Left hand grabs fingers of attackers right hand pinning them to the stick. Right hand lifts stick vertically for outside wrist lock.
2. Thumbs pin attackers thumbs to stick (thumb lock). Step back with left foot, sink down, rotate stick backward (motorcycle) and lift for upward lock.

# Brown Belt(4th Gup to get 3rd Gup) Requirements for Testing to Red Belt

\*\*RPMA Requirements

\*Palgwe Requirements

**Poomse (Form):** [Palgwe 5](#)

## **Techniques:**

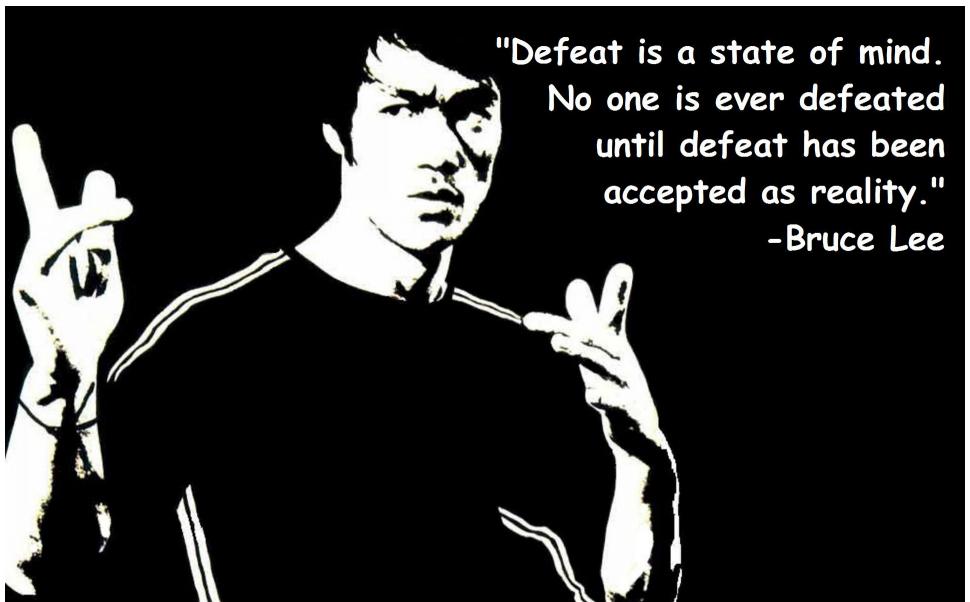
- Hand techniques- \*spear hand thrust, \*middle section reverse/adverse punch, \*front leg Side Kick/back fist, \*reverse elbow strike
- Blocks- \*scissors block, \*inner palm block, \*palm pressing block
- [Previous Kicks with a Jump](#)

**Self Defense:** \*\*[Aggressive Catch Striking \(5\) & \(Attacking Joint\) \(5\),](#)  
[2-Hands Catching \(10\)](#)

**Sparring:** \*\*One-step Sparring 1 – 5 (Optional) & Free Sparring

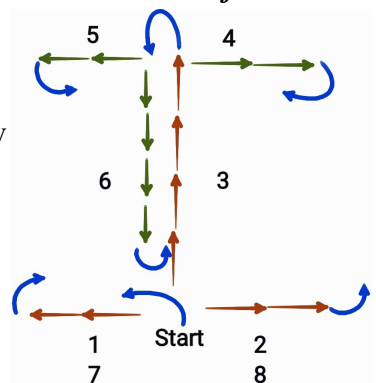
**Weapon:** \*\*[Stick Sinawali 1-4](#) & [Shepherd Staff 1](#)

## INDOMITABLE SPIRIT



## Palgwe 5

1. Step back with left foot to right **Front Stance**, scissors block (right hand **Low Block**, left hand **Outer Forearm Block**)
2. Turn left 90° to left **L-Stance**, left low section **Knife-Hand Guarding Block**, step forward to right **L-Stance**, right middle section **Knife-Hand Guarding Block**, step back to left **L-Stance**, left inner palm block, step forward to right **Front Stance**, right middle section punch.
3. Turn right 180° to right **L-Stance**, right low section **Knife-Hand Guarding Block**, step forward to left **L-Stance**, left middle section **Knife-Hand Guarding Block**, step back to right **L-Stance**, right inner palm block, step forward to left **Front Stance**, left middle section punch.
4. Turn left 90° to left **Front Stance**, scissors block (left hand **Low Block**, right hand **Outer Forearm Block**), step forward to right **Front Stance**, right low section double forearm block, step forward to left **Front Stance**, left low section double forearm block, step forward to right **Front Stance**, left palm pressing block with a right spear hand thrust and **Kihap!**
5. Turn left 270° to left **Front Stance**, left **Outer Forearm Block**, middle section reverse/adverse punch, front leg **Side Kick**/back fist, land kick into left **Front Stance** reverse elbow strike, step forward to right **L-Stance**, right middle section **Knife-Hand Guarding Block**.
6. Turn right 180° to right **Front Stance**, right **Outer Forearm Block**, middle section reverse/adverse punch, front leg **Side Kick**/back fist, land kick into right **Front Stance** reverse elbow strike, step forward to left **L-Stance**, left middle section **Knife-Hand Guarding Block**.
7. Turn left 90° to left **Front Stance**, scissors block (left hand **Low Block**, right hand **Outer Forearm Block**), step forward to right **Front Stance**, right low section double forearm block, step forward to left **Front Stance**, left low section double forearm block, step forward to right **Front Stance**, right middle section punch and **Kihap!**
8. Turn left 270° to left **L-Stance**, left low section **Knife-Hand Guarding Block**, step forward to right **L-Stance**, right middle section **Knife-Hand Guarding Block**, step back to left **L-Stance**, left inner palm block, step forward to right **Front Stance**, right middle section punch.
9. Turn right 180° to right **L-Stance**, right low section **Knife-Hand Guarding Block**, step forward to left **L-Stance**, left middle section **Knife-Hand Guarding Block**, step back to right **L-Stance**, right inner palm block, step forward to left **Front Stance**, left middle section punch and **Kihap!**



## **One-Step Sparring 1 – 5**

*The partner starts from a left guard Stance and executes a right **Forward Punch**.*

1. Step back with right foot, left **Walking Stance**, left **High Block** to **Hooking Block**, right **Reverse Punch**.
2. Step to the right, left **Back Stance**, left **Middle Block**, right **Upset Punch**.
3. Step forward with left foot to the outside, **Horse Stance**, turning right 90°. Left **High Block**, right **Inside Hammer** strike to the groin.
4. Step back with right foot to left **Walking Stance**, right **Middle Hooking Block**, left **Downward Palm Block**, right high **Reverse Punch**.
5. Hop to the left, left **Downward Palm Block**, step forward to left **Walking Stance**, right high section **Ridge-Hand** strike.



## Against Aggressive Catching Striking

*In this description, the partner will step back into a left guard Stance. When signaled by the defender they will step forward with their right foot into a right Walking Stance and attempt to grab shoulder/neck with both hands.*

1. Step back with left foot, right **Cat Stance, Open Block**. Step forward, right **Walking Stance**, right **Downward Knife-Hand** strike.
2. Step back with left foot, right **Cat Stance, Open Block**. Step forward, right **Walking Stance**, circle hands downward. **Double Upset Punch**.
3. Step back with left foot, right **Cat Stance, Open Block**. Step forward, right **Walking Stance, Twin Palm Strike** to chest.
4. Step back with left foot, right **Cat Stance, Open Block**. Step forward, right **Walking Stance, right Upward Elbow** strike.
5. Step back with left foot, right **Cat Stance, Open Hooking Block**. Step right 45°, right **Walking Stance**, press right hand forward, pull left hand back, deliver left **Knee Kick** to ribs.

## Against Aggressive Catching (Attacking Joint)

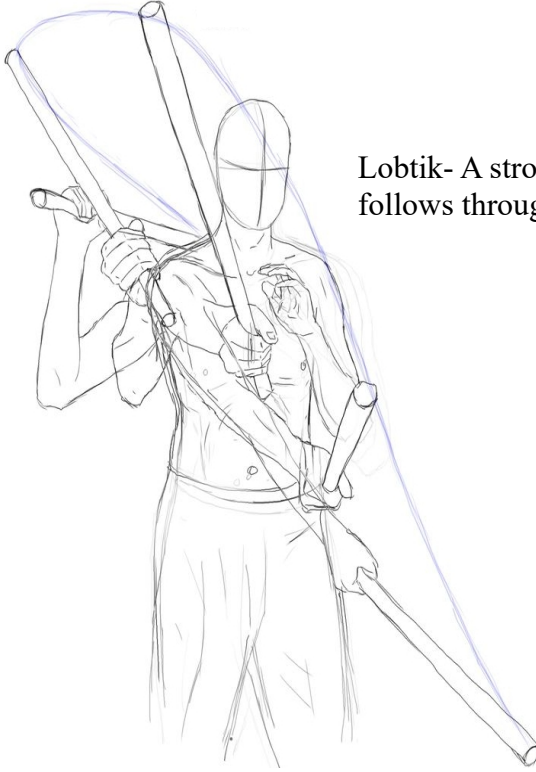
1. Step left 45°, left **Walking Stance** moving to the outside of partner's right hand. **X-knife Hand Block** (right hand over, left hand under). Right hand slides down to wrist, left hand slides to armpit with **Outside Knife-Hand** strike. Step forward, left **Walking Stance, Arm-Bar** to fixing technique.
2. Step left, **Horse Stance** moving to the outside of partner's right hand. Swing right leg back, turn right 90°, **Horse Stance** pivoting on the left foot, left **Inside Palm Block**. Left hand slides down to grab partner's right thumb. Turn left 90°, draw left foot to right, grab outside wrist lock with both hands. Turn left 45°, right leg **Outside Wrist Lock Heel Trip** to fixing technique.
3. Step forward right **Walking Stance, Open Hooking Block**. With left hand pass the partner's right wrist down to grab with both hands. Turn right 45°, stepping forward with you left foot into left **Walking Stance**. Turn right 180° ducking under their shoulder. Kneel on your left knee and pull the outside wrist lock behind their shoulder to the floor. **Ring the Bell**
4. Step back with left foot, right **Cat Stance, Open Hooking Block**. Grab wrists, step right 45°, left **Walking Stance**, pressing the partner's right arm under their left elbow. Turn right 180°, ducking under partner's left shoulder. Drop down to left knee, pull right hand down, push left hand forward. **Cross-Arm Throw**.
5. Step back with left foot, right **Cat Stance**, open block. Step with right foot to **Walking Stance**. Grab partner's chin with right palm and the back of the partner's head with left palm. Draw left foot to right foot, while twisting the head turn left 180°(pulling with left pushing with right). Step out with left foot to **Sitting Stance**, pull them down to the floor. Double punch, left right. **Bounce the Ball**

## Two Hands Catching (Attacking Joint)

*In this description, the partner steps forward with the left foot and grabs your right hand with both hands.*

1. Step left foot to the left into **Horse Stance** and draw right foot into **Cat Stance** while circling right hand clockwise to press against Partner's right wrist. Bring left hand to right wrist and step right foot into right **Walking Stance Pushing** to Partner's center. **Push Backward R**
2. Step right foot to the right into **Horse Stance** and draw left foot into **Cat Stance** while circling right hand counter clockwise to press against Partner's right wrist. Bring left hand to right wrist and step left foot into left **Walking Stance Pushing** to Partner's center. **Push Backward L**
3. Circling right hand clockwise to grab Partner's right wrist, left hand grabs Partner's right Calf, right foot reaches between Partner's legs and hooks their right knee for **Lower Outer Kick**. **Push and Pull**
4. Left hand grabs your right hand on the wrist (between Partner's arms). Step back left foot to right **Walking Stance** pulling both hands next to left shoulder. Step forward with the right foot and **Back Fist**
5. Left hand grabs your right wrist, step back left foot to **Horse Stance**, pulling both hands to your triangle point. **Side Knife-Hand/Elbow**
6. Left hand grabs Partner's right thumb. While circling right arm counter clockwise to press on the back of Partner's left hand, step forward right foot to **Walking Stance**. **Outside Wrist Lock Elbow Assist**
7. Step right foot into **Walking Stance**, right hand circles counter clockwise to grab the inside of Partner's right wrist with. Left hand grabs Partner's right thumb while left foot steps next to Partner's right foot (**Walking Stance**). Turn right 180° (duck under bridge), kneel and pull **Outside Wrist Lock** behind Partner. **Ring the Bell**
8. Push right hand under left hand so the left hand can grab the back of Partner's left hand. Turning left 90°, rotate both hands counter clock wise and grab Partner's left wrist with the right hand, stepping right foot to **Ready Stance**. Pull Partner's left hand under the right armpit while the right elbow press on the back of Partner's left elbow. **Chicken Wing Arm Bar**
9. **Cross Step** right foot in front of Partner's right foot while the right hand circles clockwise rotating Partner's hand to grab the inside of Partner's right wrist and the left hand grabs Partner's right elbow. Turning right 90°, step left foot next to Partner's right foot (**Ready Stance**). Step back right foot to left **Walking Stance** rotating Partner's right arm into **Arm Bar (with palm)**
10. Step right foot to **Cat Stance** while the left hand gabs the back of Partner's left hand. Circle both hand counter clockwise to **Inside Wrist Lock**. Step forward right foot to right **Walking Stance**. **Arm Bar**

**Sinawali** is a two person exercise where the partners hold a stick in each hand. The partners swing the sticks in a pattern to learn how to flow. The goal is to be able to transition through the patterns without "Breaking Rhythm".



**Lobtik**- A strong strike that follows through the target.



**Witik**- A whip like action, where the strike recoils off of the target.

## Sinawali 1-4

The # symbol represents one of the lines of attack from the **24 Count**.

### **1 Count**

Feet: Horse Stance, turning hips and shoulders right and left with the strike.

Chamber: At shoulders.

Strikes: Right Stick- Inside Witik

Left Stick; Inside Witik

Pattern: High (#1), Middle (#3), Low (#9)

### **2 Count**

Feet: Horse Stance, shifting weight left and right with the strike.

Chamber: At shoulders.

Strikes: Right Stick- Inside Lobtik, Outside Lobtik

Left Stick- Inside Lobtik, Outside Lobtik

Pattern: High (#1, #2), High-Low (#1, #10) , Low-High (#9, #1), Low (#9, #10)

### **3 Count**

Feet: Right Walking Stance, switching feet to switch hands.

Chamber: At shoulders.

Strikes: Right Stick- Inside Lobtik, Outside Witik, Outside Lobtik

Left Stick-Inside Lobtik, Outside Witik, Outside Lobtik

Pattern: High (#1, #2, #2), High-Low-High (#1, #10,#2), Low-High-Low (#9, #2, #10), Low (#9, #10, #10)

### **4 Count**

Feet: Left Walking Stance, switching feet to switch sides.

Chamber: Right Stick at right shoulder, Left Stick under right armpit

Strikes: Right Stick (Top)- Inside Lobtik

Left Stick (Bottom)- Outside Lobtik

Right Stick (Top)- Outside Lobtik

Left Stick (Bottom)- Inside Lobtik

Pattern: High (R#1, L#2, R#2, L#1)

Right High-Left Low(R#1, L#10, R#9, L#2)

Right Low-Left High (R#9, L#2, R#10, L#1)

Low (R#9, L#10, R#10, L#9)

Switch: On "Low" R#9, L#10, R#10 Witik, switch to Right Walking Stance

Chamber: Left Stick at left shoulder, Right Stick under Left armpit. Repeat on opposite side.

Optional Foot Work: One partner moves forward while the other moves backward, on the "Switch" they change directions. Can also be done moving sideways or in a circle.

# Red Belt(3rd Gup to get 2nd Gup)

## Requirements for Testing to Red-Black stripe

\*\*RPMA Requirements

\*Palgwe Requirements

**Poomse (Form):** [Palgwe 6](#)

### Techniques:

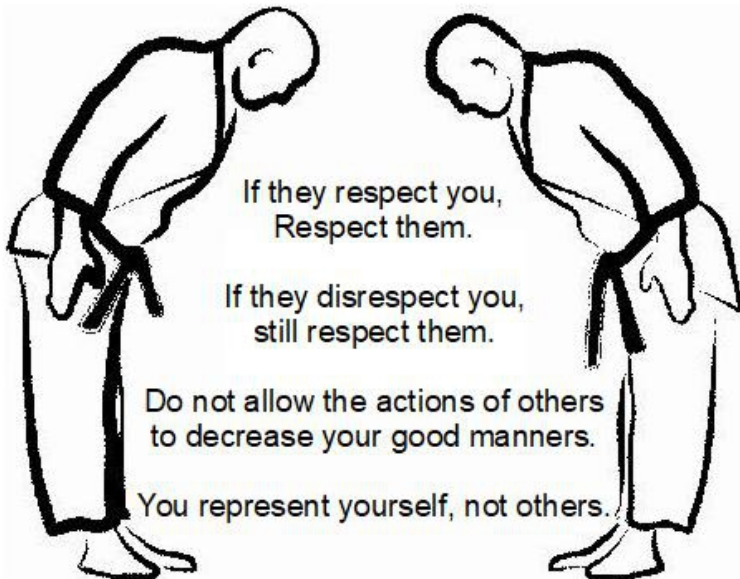
- Stance- \*Cross Stance
- Hand techniques- \*Front Knife-Hand High Block/reverse high section Knife-Hand strike(palm up), \*back-fist, \*right hand mid-section front punch/left hand Reverse Punch
- Blocks- \*Double Middle Block
- Kicks- \*\*[Roundhouse, Back, Side, Heel, Hook, Outside Crescent Kick with Back Spin](#)

**Self Defense:** \*\*[Attacking Throwing \(6\)](#), [Outside Wrist Throwing \(5\)](#), [Both Hands Caught Throwing \(5\)](#), [Outside Wrist Attacking Joint \(10\)](#), [Both Hands Caught Attacking Joint \(16\)](#)

**Sparring** \*\*One-step Sparring 6 – 10 (Optional), Free sparring

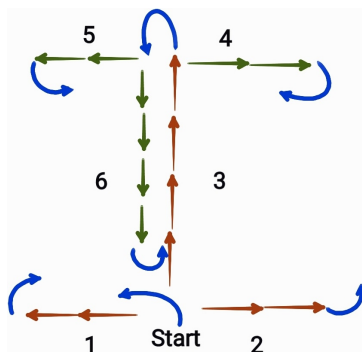
**Weapon:** \*\*[Stick Sinawali 1-8](#) & [Shepherd Staff](#)

## I SHALL RESPECT MY INSTRUCTORS AND SENIORS



## Palgwe 6

1. Turn left 90° to left **L-Stance**, left mid section **Knife-Hand Guarding Block**, right foot **Snap Kick**, land with right foot in right **Front Stance** and execute a right **Middle Punch**.
2. Turn right 180° to right **L-Stance**, right mid section **Knife-Hand Guarding Block**, left foot **Snap Kick**, land with left foot in left **Front Stance** and execute a left **Middle Punch**.
3. Turn left 90° to left **Front Stance**, left **Low Block**, on the spot simultaneous left **Knife-Hand High Block**/right **High Section Knife-Hand** strike (palm up), right foot **Snap Kick**, land with right foot forward then step with left foot to **Cross Stance** and **Back-Fist** at the same time and **Kihap!**
4. Turn left 270° to left **L-Stance**, left low section **Knife-Hand Guarding Block**, re-step with left foot to left **Front Stance**, **Double Middle Block**, right foot **Snap Kick**, land with right foot to right **Front Stance**, mid section right hand **Front Punch**/left hand **Reverse Punch**.
5. Turn right 180° to right **L-Stance**, right low section **Knife-Hand Guarding Block**, re-step with right foot to right **Front Stance**, **Double Middle Block**, left foot **Snap Kick**, land with left foot to left **Front Stance**, mid section left hand **Front Punch**/right hand **Reverse Punch**.
6. Turn left 90° to left **L-Stance**, left mid section **Knife-Hand Guarding Block**, re-step with the left foot to left **Front Stance**, simultaneous right high section **Palm Strike**/left **Knife-Hand High Block**, right foot **Snap Kick**, land in right **Front Stance**, right front **Back-Fist**, left foot **Snap Kick** and **Kihap!** Land forward with left foot to **Front Stance**, left **High Block**, right foot **Side Kick**, land forward with right foot to right **L-Stance**, right mid section **Knife-Hand Guarding Block**, on the spot turn left 180° to left **L-Stance**, left mid section **Knife-Hand Guarding Block**. (return to Ready Stance)



## One-Step Sparring 6 – 10

*The partner starts from a left guard Stance and executes a right **Forward Punch**.*

6. Hop to the left, right **Middle Section Hooking Block**, left **Downward Palm Block**, step forward with left foot to **Horse Stance**, right **Downward Knife** hand strike to neck.

7. Step back with left foot, right **Walking Stance**, right **Inside Palm Block**. Right **Back Fist**, left high section **Reverse Punch**, right **Upset Punch**. Spin to the left, left **Side Knife-Hand** strike.

8. Step forward, right **Walking Stance**, left **Middle Block**, right **Inside Knife** hand strike to the neck. Right high section **Front Elbow** strike, right **Back Elbow** strike to ribs. Spin to the left, left **Back Elbow** strike to the ribs.

9. Step forward with left foot, right **Back Stance**, right **Middle Punch** to ribs. Step forward with right foot to **Horse Stance**, spin left, left mid section **Side Knife-Hand** strike to ribs, spin right, right high section **Side Knife-Hand** strike to back of head.

10. Step back with the left foot, right **Walking Stance**, right **Inside Palm Block**. Right high section **Back Fist**, left high section **Reverse Punch**, right high section **Ridge-Hand** strike.

## Attacking Throwing

1. Step forward with right foot in front of partner's left foot, to **Walking Stance**, right hand grabs Partner's left wrist. Step left foot to **Walking Stance** between Partner's feet while reaching your left arm around partner's waist. Turn right 180°, stepping with the right foot to **Ready Stance** bent knees, pulling Partner's body over your left hip lifting with the legs. **Hip Throw**
2. Step forward with right foot in front of Partner's left foot, to **Walking Stance**, right hand grabs Partner's left wrist. Stepping left foot to **Walking Stance** to partner's triangle point. Turn right 90°, while reaching your left arm under partner's left arm-pit and grabbing their elbow sleeve. Turning right 90°, step right foot back to **Ready Stance** bent knees, pulling partner's arm around the left shoulder, **Shoulder throw**
3. Step forward with right foot to right walking stance and grab partner's left wrist with the right hand. Step forward with left foot between Partner's feet to back triangle point (**Horse Stance**) and reach the left hand between partner's legs. **Fireman's Throw**
4. Step forward with right foot to right **Walking Stance**, right hand grabs the top of Partner's left hand (fan tech point toward pinky). Turning right 90°, step forward with the left foot to **Horse Stance** next to partner's left foot. Turn partner's palm up (counter clockwise). Turning right 90°, step right foot back into left **Walking Stance** to Partner's back triangle point (**Lower Outer Kick**) while pulling Partner's hand in a circle (forward and down). **Twisting Throw**
5. **Cross Step** right foot in front of Partner's right foot and grab their right palm with the right hand. Turn right 180° stepping with the left foot into **Ready Stance** (knees bent) to Partner's front triangle point while left hand grabs around partner's waist, pulling their left elbow across the body and lifting with the legs. **Arm bar Hip throw**
6. **Cross Step** right foot in front of Partner's right foot and grab their right palm with the right hand. Turn right 180° stepping with the left foot into **Ready Stance** (knees bent) to Partner's front triangle point pulling their elbow over your left shoulder. **Upward Lock Shoulder Throw**



## Outside Wrist Throwing

## Attacking Throwing

*In this description, the Partner steps forward with their left foot and grabs the outside of the right hand*

1. Turn right 90° step out with the left foot to Partner's triangle point. (**Horse Stance**) At the same time draw a clockwise circle with your right hand re-grabbing their wrist. Pivot on your left foot, turning right 90°, stepping with the right foot into **Ready Stance** (bent knees). Reaching around their waist with you left arm. Lift with your legs while pulling Partner's arm. **Hip throw**
2. Step forward with right foot in front of Partner's left foot, to **Walking Stance**, right hand grabs Partner's left wrist. Stepping left foot to **Walking Stance** to partner's triangle point. Turn right 90°, while reaching your left arm under partner's left arm-pit and grabbing their elbow sleeve. Turning right 90°, step right foot back to **Ready Stance** bent knees, pulling partner's arm around the left shoulder, **Shoulder throw**
3. Turn right 90° step with the left foot partners back triangle point. (**Horse Stance**) At the same time draw a clockwise circle with the right hand re-grabbing Partner's left wrist. Reach the left hand between Partner's legs. Pull Partner over the hips. **Fireman's Carry**
4. Step right 45° into a right **Walking Stance**. At the same time draw a clockwise circle with the right hand re-grabbing Partner's left wrist. Grabbing Partner's right shoulder with the left hand, step through with the left leg for a Lower Outer Kick while pushing Partner's weight sideways. **Outer Reap**
5. Turn left 90° and cross step with the left foot to Partner's triangle point. Press your right hand (live hand) to the left. With the left hand grab their right hand on the thumb and release right hand. Turn left 90° stepping with the right foot to Ready Stance (bent knees) and reach around Partner's waist with the right arm and pull Partner over the waist while lifting with the legs. **Arm Bar Hip Throw**
6. Turn left 90° and Cross Step with the left foot to Partner's triangle point. Press your right hand (live hand) to the left. With your left hand grab their right hand on the thumb and release your right hand. Turn left 90° stepping with the right foot to Ready Stance (bent knees) and grab their hand with both hands. Pull their elbow down over your right shoulder while lifting with the legs. **Arm-bar shoulder throw**

## Both Hands Caught Throwing

### Outside Wrist Throwing

*In this description, the Partner steps forward with their right foot and grabs the outside both hands.*

- 1.** Turn right 90° step out with the left foot to Partner's triangle point. (**Horse Stance**) At the same time draw a clockwise circle with your right hand re-grabbing their wrist. Pivot on your left foot, turning right 90°, stepping with the right foot into **Ready Stance** (bent knees). Reaching around their waist with your left arm. Lift with your legs while pulling Partner's arm. **Hip throw**
- 2.** Step forward with right foot in front of Partner's left foot, to **Walking Stance**, right hand grabs Partner's left wrist. Stepping left foot to **Walking Stance** to partner's triangle point. Turn right 90°, while reaching your left arm under partner's left arm-pit and grabbing their elbow sleeve. Turning right 90°, step right foot back to **Ready Stance** bent knees, pulling partner's arm around the left shoulder, **Shoulder throw**
- 3.** Turn Right 90° stepping with the left foot to **Horse Stance** to Partner's back triangle point while circling with the right hand to re-grab Partner's left hand. Reach the left hand between Partner's legs. Pull Partner over the hips. **Fireman's Carry**
- 4.** Circle both hands (left clockwise, right counter clockwise) to re-grab Partner's wrists. Turning left 90°, press Partner's right arm across their body under their left arm while stepping with the right foot to **Walking Stance** next to Partner's right foot. Turning left 180°, cross Partner's elbows. **Cross-arm Throw**
- 5.** Circle both hands (left clockwise, right counter clockwise) to re-grab Partner's wrists. Turning left 90°, press Partner's right arm across their body under their left arm while stepping with the right foot to **Walking Stance** next to Partner's right foot. Step left foot into **Ready Stance**, turning left 180°, crossing Partner's elbows over the right shoulder. Pull Partners arms down while lifting with the legs. **Cross-arm Shoulder Throw**
- 6.** Turn left 90° and **Cross Step** with the left foot to Partner's triangle point. Press your right hand (live hand) to the left. With the left hand grab their right hand on the thumb and release right hand. Turn left 90° stepping with the right foot to **Ready Stance** (bent knees) and reach around Partner's waist with the right arm and pull Partner over the waist while lifting with the legs. **Arm Bar Hip Throw**
- 7.** Turn left 90° and **Cross Step** with the left foot to Partner's triangle point. Press your right hand (live hand) to the left. With your left hand grab their right hand on the thumb and release your right hand. Turn left 90° stepping with the right foot to **Ready Stance** (bent knees) and grab their hand with both hands. Pull their elbow down over your right shoulder while lifting with the legs. **Arm-bar shoulder throw**

## Outside Wrist Attacking Joint

*In this description, the partner steps forward into a left **Walking Stance**, grabbing the outside of the right wrist.*

1. Step left 45° to left **Walking Stance**, pressing right hand forward with live hand. Reach left hand over the top to catch the thumb. Right foot to left, turn left 45°, and grab with both hands. Step with the right foot to **Sitting Stance** ducking under their shoulder. Turn left 90°, draw left foot back to right **Walking Stance**. **Outside wrist lock**
2. Catch the inside of the partner's wrist with your left hand. Step forward, right **L-Stance**, bring their palm down to the level of your belt. Roll your right forearm upward, pressing the fingers into an upward lock. Turn left 270°, kneel on right knee pulling the outside wrist lock behind their shoulders to the floor with the left hand. **Ring the Bell**
3. Right foot steps forward to **Cat Stance**. Right hand draws clockwise circle and left hand catches underneath on the back of the partner's hand. Release right hand and re-grab on the partner's palm. Step forward right **Walking Stance**, twisting hand in a clockwise direction, pressing their elbow to their center. **Tighten the Screw**
4. Right foot steps to **Cat Stance**. Right hand draws clockwise circle, left hand catches underneath on the back of the partner's hand. Release and roll right hand (live hand) under partner's left arm. Step forward, right **Walking Stance**, twist with left hand in a clockwise direction while pressing your right forearm up in a scooping motion. **Scoop Ice Cream**
5. Right hand draws clockwise circle, left hand catches underneath on the back of the partner's wrist. Release right hand and grab the back of the partner's hand. Step right 45°, right **Walking Stance**. With your right hand press down on the back of the partner's hand. **Outside wrist lock**

6. Right foot steps to **Cat Stance**. Press right hand (live hand) to the left. With left hand, grab over the top on partner's pinky. Circle the right hand in an anticlockwise direction, turning the partner's hand palm up. Grab the wrist with your right hand, and place the back of their hand on your chest. With the middle two fingers of your right hand, grab the pressure point on the top of the forearm. **S-Lock**

7. Right foot steps to **Cat Stance**. Press right hand (live hand) to the left. With left hand, grab over the top on partner's pinky. Draw a large circle with the right hand in an anticlockwise direction to turn the partner's wrist to palm up. Re-grab with right hand, thumbs crossing on the back of partner's hand. Step back with left foot to right **Walking Stance** to apply **Inside Wrist Lock**. Left foot **Snap Kick** to face.

8. Right foot steps to **Cat Stance**. Press right hand (live hand) to the left. With left hand, grab over the top on partner's pinky. Circle the right hand in an anticlockwise direction, turning the partner's hand palm up. Place the back of their hand on your chest. Step left 45°, right **Walking Stance**, pressing your right forearm two inches above the partner's elbow. **Arm-Bar**

9. Right foot steps to **Cat Stance**. Press right hand (live hand) to the left. With left hand, grab over the top on partner's pinky. Draw a small circle with the right hand in an anticlockwise direction to turn the partner's wrist to palm up. Re-grab wrist with right hand and pull their arm under your elbow. Use chicken wing to press partner's elbow into your body and press partner's hand up. **Chicken Wing Arm-Bar**

10. Step forward right **Walking Stance**. Right hand circles down, forward, and up, to catch under the partner's wrist with your thumb. As a distraction the left hand draws same circle on opposite side (up, back, down). Turn left 180°, bringing left foot to right. The left hand pulls partner's elbow into your chest. Grab partner's hand with your left hand. Squeeze partner's wrist to the center of your chest. **Crane lock**

## **Both Hands Caught Attacking Joint**

*In this description, the partner steps forward into a left **Walking Stance**, grabbing the outside of both wrists.*

1. thru 10. are the same as Outside Wrist Attacking Joint syllabus

11. Step back with left foot to right **L-Stance** while and circle left hand to catch under partner's left wrist. Press right wrist against finger tips for upward lock. Rotate hand counter clockwise turning their palm down and catching their fingertips. Press to the floor and pointing fingers back to partner's head.

### **Downward 4-Finger Lock**

12. Circle both hands clockwise. Left hand catches the wrist. Right hand presses on the other wrist pushing the hand away. Draw left foot back to **Cat Stance** while right hand presses on partner's elbow. **Inside Arm-Bar**

13. Circle left hand clock wise while circling the right hand counter clockwise. Left hand catches the wrist and the right hand pushes the other hand away. Step back with left foot to **Horse Stance** and press the right hand on the back of the elbow. **Inside Arm-Bar**

14. Step back with left foot to right **Walking Stance** while re-grabbing their hand with the right hand (fan technique in the bend of the wrist) and escape with the left hand. Left hand catches the back of their hand (sandwiching). Left foot steps to **Ready Stance** while pushing fan technique up. Step back with left foot to **Horse Stance** while turning the back of the wrist to the floor and pressing fan technique between the feet. **Break Chicken's Neck**

15. Right foot steps to Cat Stance. Press right hand (live hand) to the left. With left hand, grab over the top on partner's pinky. Draw a large circle with the right hand in an anticlockwise direction to turn the partner's wrist to pinky finger up. Re-grab inside of hand with right hand. **Double Fan Tech Crane Lock**

16. Right foot steps forward to **Cat Stance**. Right hand draws clockwise circle and left hand catches underneath on the back of the partner's left hand. Release right hand and re-grab on the partner's palm. Turn right 90° while stepping back with the right foot to **Horse Stance**, twisting hand in an **Outside Wrist Lock**

# Red Belt w/Black Stripe(2nd Gup to get 1st Gup) Requirements for Testing to Black-Red stripe

\*\*RPMA Requirements

\*Palgwe Requirements

**Poomse (Form):** [Palgwe 7](#)

**Techniques:**

- Stance- \*Back Stance
- Hand techniques- \*Front elbow strike, \*Spreading Low Block, \*high section X-block, \*low X-block, \*combined left Low Block(to the front)/right Outer Forearm Block(to the back)
- Kicks- [Previous Kicks with Jump Spin](#)

**Self Defense:** \*\*[Front Sleeve & Shoulder Attacking Joint \(11\)](#),  
[Neckband Technique \(8\)](#), [Caught Behind Neckband, Wrists & Elbows \(9\)](#)

**Weapon:** \*\*1<sup>st</sup> Weapon of Choice (Cane, Sword, Sai, Kama, Nunchaku, Spear, etc.)

**Free sparring**

**Option: 1 timber breaking**

## I SHALL NEVER MISUSE MY ART

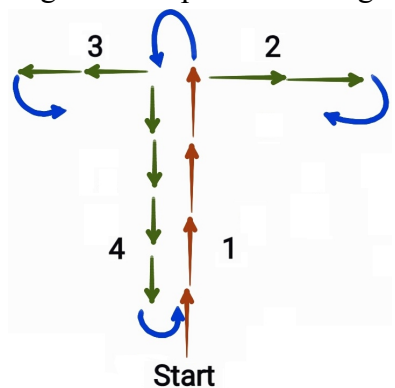


The ultimate goal of  
Karate lies not in  
victory or defeat, but  
in the perfecting the  
character of its  
participant

-Gichin Funakoshi

## Palgwe 7

1. Slide left foot forward to left **Front Stance**, simultaneously execute a spreading **Low Block** with both hands, right foot **Front Kick**, land right foot to right **Front Stance**, double **Outer Forearm Block**, left foot **Front Kick**, land left foot to left **Front Stance**, high section **X-Block** (right hand on top), right foot **Side Kick**, land in right **L-Stance**, right double **Knife-Hand Guarding Block**.
2. Turn left 270° to left **L-Stance**, left **Outer Forearm Block**, step left foot out to left **Front Stance**, right high section **Reverse Punch**, left hand **High Block**, right foot **Side Kick**, land right foot forward to right **L-Stance**, right low section **Knife-Hand Guarding Block**, step out with right foot to right **Front Stance**, left **Reverse Punch**.
3. Turn right 180° to right **L-Stance**, right **Outer Forearm Block**, step right foot out to right **Front Stance**, left high section **Reverse Punch**, right hand **High Block**, left foot **Side Kick**, land left foot forward to left **L-Stance**, left low section **Knife-Hand Guarding Block**, step out with left foot to left **Front Stance**, right **Reverse Punch**
4. Turn left 90° to left **Front Stance**, low **X-Block** (right hand on top), re-chamber then execute a high **Knife-Hand X-block** (right hand on top), left palm turns to sky while right hands does an outside circle (**Opening Lotus**), re-chamber to right shoulder then right high section **Reverse Punch, Kihap!** Bring right knee up and forward then turn left 180°, land right foot to right **L-Stance**, right **Low Block**, bring hands to an X (mid-section, right hand on top) turn left 180° to left **Front Stance**, left **Outside Knife-Hand** strike, right foot **Inside Crescent Kick** to palm of left hand. Turn left 90° land in **Horse Stance**, right **Front Elbow Strike** to palm of left hand, turn left 90° drawing left foot to right foot, step back with right foot to left **Back Stance**, combined left **Low Block** to the front right **Outer Forearm Block** to the back, draw left foot to right foot hop back with right foot to left **L-Stance**, left middle section **Knife-Hand Guarding Block**, step out with left foot to left **Front Stance**, right hand **Reverse Punch** and **Kihap!**





## Front Sleeve, Shoulder Attacking Joint

*In this description of Front Sleeve, Shoulder Joint, the partner stands in Ready Stance and reaches forward with their left hand grabbing the appropriate target.*

1. Against outside wrist sleeve. Step right 45° into a right **Horse Stance**. With the left reach over the top and grab the partner's hand pinky side. With the left hand, turn partner's hand into **Inside Wrist Lock** while punching the ribs with the right hand. Step forward into a right **Walking Stance**. **Arm-bar with right forearm**.
2. Against outside wrist sleeve. Right foot steps to **Cat Stance**. Right hand draws clockwise circle and left hand catches underneath on the back of the partner's hand. Release and roll right hand (live hand) under partner's left arm. Step forward, right **Walking Stance**, twist with left hand in a clockwise direction while pressing your right forearm up in a scooping motion. **Scoop Ice Cream**
3. Against elbow sleeve. With left hand grab sideways on top of partner's left thumb. With the right arm trap the partner's left hand using the elbow. Step into right **Walking Stance**. Right downward elbow (high to low). **Twisting lock**
4. Against elbow sleeve. With left hand grab sideways on top of partner's left thumb. With the right arm trap the partner's left hand using the elbow. Step forward with the right foot into a right **Walking Stance** and draw an anticlockwise circle with a right knife hand pressing into the partner's elbow (creating a bridge). Step under the bridge with the left foot in a left **Walking Stance** turn right 180°. **Hammer lock**
5. Against shoulder joint. With left hand, trap their left hand. Step forward into a right **Walking Stance**. Turn into a **Horse Stance** and twist their left hand so the pinky points to the sky. Reach over the top of their elbow with a downward ridge hand. **Crane lock**
6. Against shoulder joint. With left hand, trap their left hand. On the spot, twist to the left pressing your right shoulder forward. Untwist back to the right. Right live hand back fist to the ribs. Step forward into a right **Walking Stance**. **Arm-bar**
7. Back of the collar (from the front). With a circular motion, duck under their arm with your head. With your left hand, grab their hand. Right mid section punch to ribs, reaching past their body to release the grab. **Arm-bar**
8. Cross grab shoulder joint. With the right foot step forward at a 45° angle into a **Horse Stance**. **Twin Palm** strike to their forearm releasing the grip. **Double Middle Punch** (left, right).
9. Cross elbow sleeve. With right hand, grab the side of their left wrist. Trap their left hand with your left elbow. Step forward with the right foot into a **Horse Stance** while turning their pinky to the sky. **Chicken Wing Arm-Bar with Crane Lock**.
10. Cross wrist sleeve. Draw an anticlockwise circle with the left hand and re-grab their wrist. Step left 45° with the right foot into a right **Walking Stance**. **Arm-bar**
11. Cross wrist sleeve. Draw an anticlockwise circle with the left hand and re-grab their wrist. Bring palm of their hand to the knot of your belt. Step left 45° with the right foot into a right **Walking Stance**. At the same time reach under their arm with the right hand to the back of your left wrist. Attack their elbow with your right shoulder. **Hug Teddy**  
**Bear**



## Neckband Technique

*In this description of Neckband Technique the partner stands in Ready Stance and reaches out with the right hand to grab the target.*

1. Against lapel grab (thumb up). With the left hand grab under the wrist (pinky side) with fan tech. pointing up the back of the wrist. With right hand grab over their hand (thumb side) with fan tech. pointing down the back of the hand. Turn right 90° stepping with the left foot into a **Horse Stance**. At the same time, lift and drop their hand while twisting it (pinky side to the sky) so your left elbow sits on top of their elbow. **Chicken Wing with Crane Lock**
2. Against lapel grab (palm up). With the left hand grab their hand (thumb up the back of their hand). With your right hand, press on the heel of their hand while stepping backward with right leg into left **Walking Stance**; releasing the grip. Grab their hand with both hands. Turn left 45°, step forward into a right **Walking Stance**. **Outside Wrist Lock**
3. Against lapel grab (palm up). With your left hand grab their hand (thumb on back of their hand). With your right hand grab their forearm just below the wrist (thumb on back of arm). Turn left 90° and step with your right foot into **Horse Stance** (stepping behind their leg). **Outside Wrist Lock**
4. Against lapel grab (thumb down). With your left hand, grab under their hand (thumb side) fan tech pointing up the back of their hand. With your right hand, grab on top of their hand (pinky side) with fan tech pointing down the back of their hand. Turn left 45° step into right **Walking Stance**. **Upward Twisting Lock**
5. Against double lapel. With the left hand grab under their right wrist (pinky side) with fan tech. pointing up the back of the wrist. With right hand grab over their right hand (thumb side) with fan tech. pointing down the back of the hand. Turn right 90° stepping with the left foot into a **Horse Stance**. At the same time, push their left arm down with your right elbow (releasing the grip), lift and drop their hand while twisting it (pinky side to the sky) so your left elbow sits on top of their elbow. **Chicken Wing with Crane Lock**
6. Against double lapel. Catch the top of both hands (fan tech pointing down the hands). Turn right 45°, step forward into a left **Walking Stance**, pressing the partner's right arm under their left elbow. Turn right 180°, ducking under partner's left shoulder. Drop down to left knee, pull right hand down, push left hand forward. **Cross-Arm Throw**
7. Against double lapel. Catch the top of both hands (thumbs on back). Step back with the right into a left **Walking Stance** and turn wrists into a **Double Outside Wrist Lock**. Right mid-section **Snap Kick**.
8. Against double lapel. Step forward to right **Cat Stance**, **Double Outer Block** to knock the hands away. Hop forward in right **Cat Stance**. Right **Upset Punch**.

## Caught From Behind

Neckband:

1. Step back left foot to right **Walking Stance**. Turn left 90° to left **Walking Stance**, left open back hand to ribs. Turn left 90°, left hand grabs lower back while right hand heel **Palm Strikes** the chin. Step forward to right **Walking Stance** behind opponents left foot + **push/pull straight back for take down to back fall**.
2. Step back left foot to right **Walking Stance**. Turn left 90° to left **Walking Stance**, left open **Back Hand** to ribs. Left hand wraps the elbow while right hand grabs your wrist. Step back right foot to left **Walking Stance** while pulling elbow (**Arm Bar**), take down into front fall

2-h grab shoulders:

3. Step back with left foot while pivoting 180° to left **Cat Stance**. Right hand grabs their left thumb while left hand strikes with upset punch. Left hand grabs their left pinky, **Outside Wrist lock** take down.

Elbow Sleeves:

4. Right hand reaches to the ceiling while stepping back with left foot while pivoting 180° to left **Cat Stance** ducking under their right arm. Right elbow traps their right hand while left hand presses the back of their right elbow. Step forward right foot, **Arm Bar**.
5. Press elbows out. Step back with the left foot outside their left foot. Draw right foot to center and then step outside their right foot to **Horse Stance**. Grab their pants at the knees. Lift their knees while pushing your hips forward. **Reverse Hip Throw** to back fall.

Grab both wrists:

6. Step back with the left foot outside their left foot. Live hands press together to praying position. **Press hands back to shoulders**, pushing them backwards.
7. Step back with the left foot outside their left foot. Live hands reach above head, right hand grabs their left hand (pinky side), **Twisting Throw**.
8. Step forward right foot to right **Walking Stance**. Press right hand forward to release grab, turning left 270° outside circle with left hand to re-grab. Step forward to right **Walking Stance** **Arm Bar**.
9. Press elbows out. Step back with the left foot outside their left foot re-grab both wrists. Draw right foot to center, lift right elbow strike to face and then step outside their right foot to **Horse Stance** pulling your right arm over their head. Turn right to right **Walking Stance** pull right hand to floor while releasing left arm, **left downward elbow to stomach**.

# Black Belt w/Red stripe(1st Gup to get Bo Dan)

## Requirements for Testing to Bo Dan

\*\*RPMA Requirements

\*Palgwe Requirements

**Poomse (Form):** [Palgwe 8](#) + Poomse of examiner's choice

### Techniques:

• Hand techniques- \*downward hammer fist strike, \*upward elbow strike, \*simultaneous left back elbow strike right hook punch, \*reverse elbow strike, \*double upset punch, \*double back elbow strike, \*double side elbow strike(with knife hands)

• Kicks- [Flying Kicks](#)

**Sparring** Free sparring

**Self Defense:** \*\*[Against Punch Attacking Joint. \(10\)](#),

[Whole Body Caught \(10\)](#)

**Weapon:** \*\*2<sup>nd</sup> Weapon of Choice (Cane, Sword, Sai, Kama, Nunchaku, Spear, etc.)

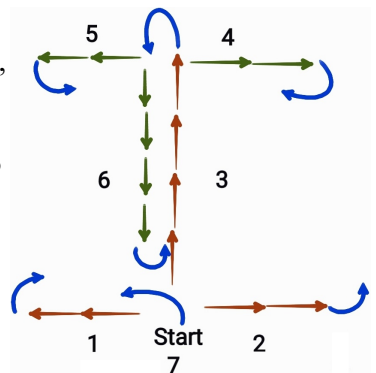
**Breaking:** (children optional) 4 tiles

## I SHALL BE A CHAMPION OF FREEDOM AND JUSTICE



## Palgwe 8

1. Turn left 90° to left **Front Stance**, left **Low Block**, draw left foot back to a narrow left **L-Stance**, left downward hammer fist strike, step forward with right foot to right **Front Stance**, right **Middle Punch**
2. Turn right 180° to right **Front Stance**, right **Low Block**, draw right foot back to a narrow right **L-Stance**, right **Downward Hammer Fist** strike, step forward with left foot to left **Front Stance**, left **Middle Punch**
3. Turn left 90° to left **L-Stance**, left middle section **Knife-Hand Guarding Block**, left **Inner Palm Block**, step forward with right foot to right **Front Stance**, right **Spear Hand Thrust**, right hand twists behind back, turn left 180° to left **L-Stance**, left **Back Fist**, step forward with right foot to right **Front Stance**, right **Middle Punch** and **Kihap!**
4. Turn left 270° to left **L-Stance**, left outside **Knife-Hand** strike, re-step with left foot right 90° to left **L-Stance** pull left hand away next to right ear, re-step with left foot left 90° to **Horse Stance**, left **Upward Elbow** strike, re-step with left foot to left **Front Stance**, left **Outer Forearm Block**, right **Reverse Punch**, turn right 90° re-step left foot to **Horse Stance**, simultaneous left back **Elbow Strike**, right **Hook Punch**
5. Left foot to right foot, turn right 90° and step right foot to right **L-Stance**, right **Outside Knife-Hand** strike, re-step with right foot left 90° to right **L-Stance** pull right hand away next to left ear, re-step with right foot right 90° to **Horse Stance**, right **Upward Elbow** strike, re-step with right foot to right **Front Stance**, right **Outer Forearm Block**, left **Reverse Punch**
6. Turn left 90° re-step right foot to **Horse Stance**, simultaneous right back elbow strike left hook punch, draw left foot in to **Side Kick/Back Fist** combo, land with left foot to left **Front Stance**, right **Reverse Elbow** strike, turn right 90° re-step left foot to **Horse Stance**, simultaneous left **Back Elbow** strike right **Hook Punch**, turn right 90° draw left foot to right foot, right foot **Side Kick/Back Fist** combo, land right foot to right **Front Stance**, left **Reverse Elbow** strike, turn left 180° to left **Front Stance**, **Double Middle Block**, **Double Upset Punch**, step forward with right foot to right **Front Stance**, **Double Middle Block**, **Double Upset Punch**, step forward with left foot to left **L-Stance**, left inside **Knife-Hand** strike, left hand twist behind back while turning right 180° and stepping right foot to right **L-Stance**, **Double Back Elbow** strike, turn left 180° to **Attention Stance** with hands making a diamond at belt level, step out with left foot to **Horse Stance**, **Double Side Elbow** strike (with knife hands)
7. Left foot to right foot, hop out with right foot to right **L-Stance**, simultaneous right hand **Back Elbow**/left hand high section **Hook Punch** (behind), draw right foot to left foot, hop out with left foot to left **L-Stance**, simultaneous left hand **Back Elbow**/right hand high section **Hook Punch** (behind) and **Kihap!**



## Against Punch Attacking Joint

1. **X-Block** and step left foot to the left while right foot draws to **Cat Stance** turning right 90°. Right grabs Partner's right wrist while the left hand slides up Partner's arm to **Side Knife-Hand** strike Partner's arm-pit. Left foot steps forward to **Walking Stance** while left wrist presses on Partner's elbow.

### **Arm Bar**

2. Step back left foot to right **Cat Stance**, right hand **Middle Block** and circle toward left hand to grab Partner's inside wrist. Step left foot back to **Horse Stance** pressing on Partner's elbow with the right wrist. **Inside Arm Bar**

3. Step right foot to the right (**Horse Stance**) and left hand **High Block** while the right hand **Upset Punch**. Left hand grabs the inside of

Partner's wrist, turn left 360° on the left foot stepping with the right foot into right **Cat Stance**. Step left foot back to right **Walking Stance** while the right wrist presses on Partner's elbow. **Inside Arm Bar**

4. Turn right 90°, step left foot to the left while drawing the right foot to left **Cat Stance** and left hand **Inner Palm Block**. Left hand grabs the back of Partner's right hand (thumb). Right hand grabs the back of Partner's right hand (pinky), right foot **Lower Outer Kick** behind Partner's right foot. **Outside Wrist Lock**

5. Step right foot 45° to **Walking Stance**, **X-Block** and circle counter clock wise to grab the back of Partner's hand (L-thumb, R-pinky). Left foot steps forward to **Walking Stance**. Turn right 180° **Kneeling** on the left knee with **Ring the Bell**

6. Step left foot to the left while right foot draws to **Cat Stance** turning right 90°, right **Middle Hooking Block** while left hand strikes Partner's elbow (**Upward Ridge-Hand**). Right hand grabs Partner's wrist while the left hand rotates over the top of Partner's arm at the elbow. Step right foot next to Partner's right foot and grab your right forearm with the left hand. Turn left 90° stepping back with the left foot to right **Walking Stance**. **Fig 4 Outside Wrist Lock**

7. Step back right foot to left **Walking Stance**, left **High Block** and grab partners wrist. Right foot steps forward to **Walking Stance**, right hand reaches under Partner's arm at the elbow and grabs their forearm, pulling down for **Key Lock**

8. Step left foot to the left while right foot draws to **Cat Stance** turning right 90°, right **Hooking Block**. Right grabs Partner's right wrist and pulls their hand to your hip. Left hand reaches under Partner's arm and grabs the back of your right wrist while left foot steps forward to **Walking Stance**. **Hug Teddy Bear**

9. Step back right foot to left **Cat Stance** and left **High Block** circling Partner's hand to the right hand (grabbing palm). Turn right 90° stepping right foot to **Ready Stance**. **Upward Lock with Reverse Chicken Wing**

10. Left **Inside Circulation Block** over the top of Partner's arm turning right 90° while the left foot steps next to Partner's right foot and right foot steps back to left **Walking Stance**. Turn right 90°, draw the right foot to **Ready Stance**, using the right hand to hook and bend Partner's elbow. Hook the left hand into Partner's right elbow while securing Partner's right hand into your left elbow. Grab your left wrist with the right hand. Step back with right foot to left **Walking Stance**.

### **Hammer Lock**

# Whole Body Caught

## Front

1. Bear Hug (under arms). Left hand grabs Partner's lower back while the right hand grabs their chin. Right foot steps between Partner's feet to their back triangle point to **Walking Stance** while the **right hand Pushes** and **left hand Pulls**.
2. Bear Hug (under arms). Both hand grab Partner's head (R-chin, L-top). Step left foot back to **Horse Stance** and **Twist Head** and press to the floor
3. Bear Hug (over arms). Both hands (with thumbs) push Partner's hips while left foot steps back to right **Cat Stance**. Right hand grabs Partner's waist, left hand grabs Partner's elbow. Turn right 180° and step right foot to ready stance (knees bent) and pull Partner over the hips. **Hip Throw**

## Behind

4. Bear Hug (over arms). Left hand grabs Partner's left wrist while the left foot **Stomps** Partner's left foot. Left foot steps out to **Horse Stance** while sitting, left hand pulls and the right hand pushes out (live hand) to escape. Left hand lifts Partner's arm while ducking under and drawing right foot to **Cat Stance**. Right wrist presses on Partners elbow while right foot steps to **Walking Stance**. **Arm Bar**
5. Bear Hug (over arms). **Double Spear Finger** to Partner's groin. Push both hands out (live hand), step forward with the left foot to **Walking Stance**. **Right Back Kick**
6. Bear Hug (under arms – R-hand on L-wrist). Both hands grab Partner's left hand (R-back, L-palm). Turn Partner's pinky up while squeezing with the elbows. **Crane Lock**
7. Bear Hug (under arms – R-hand on L-wrist). Left hand grabs Partner's left wrist. **Butt Bump** and right hand presses on Partner's left palm to release. Step forward with the right foot to **Walking Stance**, both hand grabs the back of Partner's wrist (R-thumb, L-pinky) and turn left 180° to left **Walking Stance**, **Inside Wrist Lock**. Right foot **Snap Kick** Partner's stomach then kneel on Partner's elbow. **Kneeling Arm Bar**
8. Bear Hug (under arms – fingers laced). Use the left thumb to “peel” one of Partner's fingers into the right hand. **Butt Bump** then step forward with the left foot to **Walking Stance**, turn right 180° to right **Walking Stance** and right hand **Finger Lock**
9. Bear Hug (under arms – fingers laced). Both hands grab Partner's hands and squeeze the fingers. **Butt Bump** and pull Partner's hands apart. Right hand grabs Partner's right pink. Step forward left foot to **Walking Stance**, turn right 180° turning Partner's palm up and grabbing their thumb with the left hand **Inside Wrist Lock**. Left foot **Snap Kick** Partner's stomach then kneel on Partner's elbow. **Kneeling Arm Bar**
10. Full Nelson. Reach both hands up and use the left thumb to “peel” one of Partner's fingers into the right hand. **Butt Bump** then step forward with the left foot to **Walking Stance**, turn right 180° to right **Walking Stance** and right hand **Finger Lock**



# Bo Dan

## Requirements for Testing to 1st Dan

\*\*RPMA Requirements

\*Palgwe Requirements

**Poomse (Form):** [Koryo](#) + Poomse of examiner's choice

**Techniques:**

• [Mid Air 360° Side Kick, Back Kick, and Heel Kick](#)

**Self Defense:** \*\*[Belt Caught \(11\)](#), [Police Locks \(11\)](#)

**Weapon:** \*\*[Sword Form](#)

**Free sparring (include against 2)**

**Breaking:** *Knife-Hand* strike & 3 direction on timber, 5 tile fist & *Knife-Hand*

## I SHALL BUILD A MORE PEACEFULL WORLD



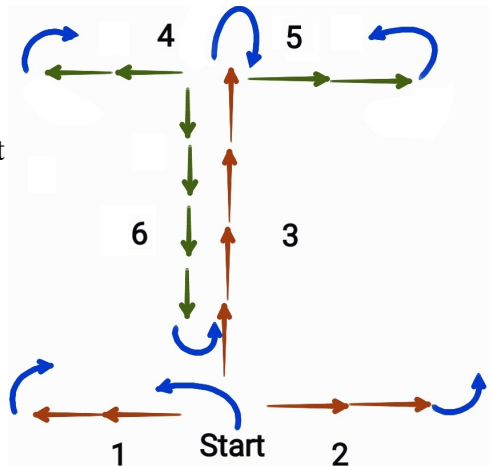
We will not build a peaceful world by following a negative path. It is not enough to say we will not wage war. It is necessary to love peace and sacrifice for it. We must concentrate not merely on the negative expulsion of war, but on the positive affirmation of Peace.

-Martin Luther King

## Koryo

From the Ready Stance (Joon Bi) with your hands by your belt, you open your hands (with the hands facing each other, finger tip to finger tip and palms up) and slowly move them towards your head. When you reach chest level, you should flip them over (slowly) so they rise to form a triangle in front of your face. Once in front of your face, you push the "triangle" out directly away from your face. At the same time, you should slowly rise up on your toes when you start moving your hands and then sink back down to "flat" feet (flat on the ground) when you push the triangle out.

1. Turn left 90° into a left **L-Stance**, middle section **Knife Hand Guarding Block**. Right double **Roundhouse Kick** (low and high) and land forward right foot into right **Front Stance**. Right high section **Outside Knife-Hand** strike, left mid section **Reverse Punch**. Step right foot to right **L-Stance**, right **Inside Block**.
2. Turn right 180° into a right **L-Stance**, middle section **Knife Hand Guarding Block**. Left double **Roundhouse Kick** (low and high) and land left foot forward to left **Front Stance**. Right high section **Outside Knife-Hand** strike, right mid section **Reverse Punch**. Step left foot to left **L-Stance**, left **Inside Block**.
3. Turn left 90° into a left **Walking Stance**, left **Knife-Hand Low Block**, right high section **Arc Hand Strike**. Right **Snap Kick**, landing forward into a right **Front Stance**, right **Knife-Hand Low Block**, left high section **Arc Hand Strike**. Left **Snap Kick** landing left leg left **Front Stance**, left **Knife-Hand Low Block**, left high section **Arc Hand Strike**. **Kihap!**
4. Right **Snap Kick** landing forward into a right **Front Stance**, left hand **Downward Palm Block**, right mid section **Arc Hand Strike** (like **Knife Hand Thrust**). Step forward left foot while turn right 180° to right **Front Stance**, **Double Outer-Forearm Block**. Left **Snap Kick** landing forward into a left **Front Stance**, right hand **Downward Palm Block**, left mid section **Arc Hand Strike** (like **Knife Hand Thrust**). Step back left foot into a left **Walking Stance**, **Double Outer-Forearm Block**.





5. Turn right 90° by stepping back with your right foot into a **Horse Stance**, left middle section **Knife Hand Guarding Block** with right hand chambered. Punch right hand into left palm (keep your left arm extended, turning the hand slightly from the knife hand block position), step forward with right foot to **Front Stance**, left **Side Kick**. Land forward while turn right 180° into right **Front Stance**, Low section **Spear Finger Strike** (palm up), pull right hand to left shoulder. Slide right foot back into right **Walking Stance**, right **Low Block**. Step forward left foot into left **Walking Stance**, left downward palm block. Step forward right foot into a **Horse Stance**, right **Side Elbow Strike** (left hand pressing).
6. Right single **Knife Hand Guarding Block** (left hand chambered). Punch left hand into right palm (keep your right arm extended, turning the hand slightly from the knife hand block position), step forward with left foot to **Front Stance**, right **Side Kick**. Land forward while turn left 180° into left **Front Stance**, Low section **Spear Finger Strike** (palm up), pull left hand to right shoulder. Slide left foot back into left **Walking Stance**, left **Low Block**. Step forward right foot into right **Walking Stance**, right **Downward Palm Block**. Step forward left foot into a **Horse Stance**, left **Side Elbow Strike** (right hand pressing).
7. Move right foot to attention, raise both hands over head with palms open. Bring both hands down in a circular motion with a left **Hammer Fist** striking the open right palm at the bottom of the circle. This is a slow technique and should take about 5 seconds.
8. Turn left 180° to left **Front Stance**, **Outside Knife-Hand** strike with your left hand and then a left **Knife Hand Low Block**. Step forward right foot into **Front Stance**, right **Inside Knife-Hand Strike**, right **Knife-Hand Low Block**. Step forward left foot into a left **Front Stance**, left **Inside Knife-Hand Strike**, left **Knife Hand Low Block**. Step forward right foot into right **Front Stance**, right high section **Arc Hand Strike**. **Kihap!** Turning to the left 180° back to the **Ready Stance**. Open hands (with the hands facing each other, finger tip to finger tip and palms up) and slowly move them towards head. When you reach chest level, flip them over (slowly) so they rise to form a triangle in front of face. Push the "triangle" out directly away from face, at the same time, slowly rise up onto toes when you start moving your hands and then sink back down to "flat" feet (flat on the ground) when you push the triangle out.

## Belt Caught Downward

In this description, the partner (from Ready Stance) will reach out with the right hand and grab the knot of the belt.

1. With left hand, grab under their hand palm side. Right **Knuckle Fist** to the back of their hand. **Right Knuckle to eye, right Low Cross Kick to shin.**
2. With left hand, grab under their hand palm side. Step back with the left foot into right **Walking Stance** while twisting their had (pinky to the sky). With your right hand press on the back of their elbow. **Arm Bar**
3. With right hand, grab their hand (thumb side) with your thumb on back. With left hand grab their forearm just below there wrist (pinky side) with your thumb on back. Turn right 90°, step with left foot between their feet into **Horse Stance**. Press down for **Crane Lock**. **Break twig**
4. With both hands, grab their hand (thumbs on top). Turn right 90°, turn their pinky to the sky and kneel on their elbow with your left knee **Arm Bar**
5. With both hands, grab their hand (thumbs on top). Turn right 90°, step forward with the right foot to right **Walking Stance**. **Sideways crane**
6. With right arm, draw a clockwise circle under their arm trapping it with your elbow. Turn right 45°, step forward into left Walking Stance. Left arm presses on the back of their elbow. **Arm Bar**

## Belt Caught Upward

1. With both hands grab their hand (thumbs on back). Turn left 90°, stepping out with left foot to **Horse Stance** wile twisting wrist into **Outside Wrist Lock**.
2. With your right hand, grab under their hand on the back (trapping their hand to your belt). Step forward with your left foot into a left **Cat Stance**. Reach under their elbow with your left arm and pull toward your chest. **Upward Arm-Bar**.
3. With your right hand, grab under their hand on the back. Turn left 90°, bring left foot to right and bring your right forearm to the inside of their forearm. Step back with the left foot to right **Walking Stance** turn left 90° into **Horse Stance**. **Wizzer**.
4. With your right hand, grab under their hand on the back. With your left hand, grab on top of their hand on the palm. Step forward with the left foot into left **Walking Stance** wile twisting their hand in anticlockwise circle and pressing arm to center of their body. **Turn Screw**
5. With your right hand, grab under their hand on the back. Step forward with the left foot into left Cat Stance and press your left forearm into their forearm. Turn right 90°, step forward into left Walking Stance, twisting the wrist with your right hand and scooping with the left hand from down to up. **Scoop Ice Cream**

## Police Locks

1. Right foot steps to **Walking Stance** in front of Partner's right foot and the right hand grabs Partner's right palm. Step forward with the left foot to **Ready Stance** (behind Partner's right foot, turning right 90°) left hand reaches over the top of Partner's right arm and around the elbow. Step back with the right foot to **Ready Stance** turning 180°, left hand grabs your lapel and right hand lifts Partner's fingers. **Upward Lock with Fig-4 Arm Bar**
2. Right foot steps to **Walking Stance** in front of Partner's right foot and the right hand grabs the back of Partner's right hand (fan tech pointing to thumb). Left foot steps to **Walking Stance**, the right hand lifts Partner's right hand and turns their palm down, fingers pointing at their head The left hand reaches for Partner's right inside elbow (**Crane Drinks Water**). Press elbow and wrist to floor. **Crane Lock**
3. Left foot steps to **Walking Stance** and left hand grabs the back of Partners hand (fan tech down). Right foot steps to **Ready Stance** turning right 90° while the left hand bends Partner's right wrist to **Crane Lock** and the right wrist hooks Partner's inside elbow to collapse it. Step back right foot to left **Walking Stance** reach through Partner's elbow to grab your left wrist pulling their right hand between the shoulders. **Fig-4 Hammer Lock**
4. Left foot steps to **Walking Stance** and left hand grabs the back of Partners hand (fan tech down). Right foot steps to **Ready Stance** and right hand grabs the back of Partner's neck and pulls down while the left hand turns Partner's right palm up. Left hand lifts Partner's right hand between their shoulder while right hand pulls their head up. **Hammer Lever**
5. Left foot steps to **Walking Stance** and left hand grabs the back of Partners hand (fan tech down). Left hand bend Partners right wrist (**Crane Lock**) while the right arm reaches under Partner's right arm to lock elbows. Turn right 90° drawing right foot to **Cat Stance**, right hand circles clockwise around Partner's elbow to grab their shoulder (**Crane Drinks Water**)while the left hand lifts Partner's right hand behind shoulders. **Hammer Lock**.
6. Left foot steps forward to **Walking Stance**, left hand grabs back of Partner's hand and lift it to the side at shoulder level. Right hand grabs their elbow while ducking under Partner's right arm, stepping right foot forward to **Walking Stance**. Turn left 180° and right hand pulls Partner's right elbow to your chest while left hand pulls their hand into **Crane Lock**. Draw left foot back to **Cat Stance**. **Cobra**

6. Left foot steps forward to **Walking Stance**, left hand grabs back of Partner's hand and lift it to the side at shoulder level. Right hand grabs their elbow while ducking under Partner's right arm, stepping right foot forward to **Walking Stance**. Turn left 180° and right hand pulls Partner's right elbow to your chest while left hand pulls their hand into **Crane Lock**. Draw left foot back to **Cat Stance**. **Cobra**
7. Right foot steps forward to **Walking Stance** in front of partners right foot, right hand grabs the back of Partner's hand (pinky). Left foot steps forward to **Walking Stance**, right hand twists Partner's right hand for **Inside Wrist Lock** while the left wrist presses their elbow for **Arm Bar**. Right hand hooks Partner's right hand to your left elbow while your left hand hooks their right elbow (**Crane Drinks Water**). Right hand turns Partner's fingers up, squeeze the wrist. **Hammer Lock**
8. **Cross Step** right foot in front of Partner's right foot, right hand grabs Partner's right palm. Left foot steps to left **Cat Stance** and right hand turns Partner's right palm up while the left hand reaches under Partner's arm to their left shoulder. Right hand points Partner's right fingers down and lifts up. **Upward Lock Arm Bar**
9. Left foot steps forward to **Walking Stance**, right hand grabs back of Partner's right hand (thumb). Step right foot forward to **Walking Stance**, right hand twists Partner's right hand for **Outside Wrist Lock** while left hand hooks Partner's right elbow and pulls. **Outside Wrist Lock**
10. Left foot steps to **Walking Stance** and left hand grabs the back of Partners hand (fan tech down). Turning right 90°, right foot steps to **Ready Stance**, right hand hooks Partner's outside elbow while the left hand turns their right palm up. Turning right 90°, left foot steps to **Ready Stance** behind Partners left foot, left hand pulls their hand behind Partners back fingers point up (**Hammer Lock**) Right hand rotates (fingers forward) to grab the pressure points on the front and back of Partner's elbow. Squeeze! **The Vice**
11. Left foot steps to **Walking Stance**, X-Block to grab Partners right forearm (right hand crossing over left). Turning right 90°, right foot steps to **Ready Stance** while right hand grabs Partner's right wrist and the left hand slides up their arm to collapse Partner's elbow. Right hand hooks Partner's right hand into your left elbow with the left hand hooking Partner's elbow. Right hand grabs Partners hand and pulls. **The Hostage**

## SWORD FORM

This form starts from a kneeling position with the sword laying in front of you, hilt pointing to your right.

1. Bow over the sword grabbing the Scabbard with your left hand, and then the handle with your right
2. Present the sword with both hands, blade
3. Draw the sword with a kiai and set the scabbard at your left
4. Step back with right foot to a left back stance and kiai, sword is held next to your right cheek pointing to the heavens
5. Spin sword to reverse grip hugging the back of your arm.
6. Right inside crescent/round house kick, jump spin inside crescent/roundhouse kick landing right foot forward.
7. Turn left 180° to face to the back in kneeling stance, right knee down. Cut upward, stab back
8. Step forward with right foot cut upward
9. Turn left 90°, step forward to right walking stance. Cut #13
10. Step forward to left walking stance. Cut #14
11. Umbrella block over left shoulder, left jump spin landing in right walking stance. Cut #13 kiai
12. Step back with right foot, turn 180°, step forward with left foot. Cut #14
13. Step forward with right foot. Cut #13
14. Umbrella block over right shoulder, right jump spin landing in left walking stance. Cut #14 kiai
15. Step left foot back, turn left 90° into horse stance.
16. In quick succession, right umbrella block, Cut #2, left umbrella block, Cut #1, step forward right foot #5
17. Draw back to right cat stance and grab sword in right reverse grip
18. Downward figure 8 while stepping forward left, right, left, right ending in Cut up
19. Downward figure 8 while stepping backward right, left, right, ending in a backward stab
20. Step forward to right walking stance while switching to forward grip, #5 kiai
21. Turn left 180° to left guard stance
22. Lean to left back stance back stance bringing sword over head pointing forward with right hand, left palm reaching down toward opponent
23. Switch sword to left hand while bringing the left knee up to crane

- stance, Cut #9 with right hand reaching up
24. Step back with left foot to right back stance, Cut #24 (2-handed)
  25. Draw right foot back to right cat stance.
  26. Downward figure 8 (#1, #2).
  27. #11 while turning left 180° to left cat stance.
  28. Upward figure 8 (#12, #11)
  29. #12 while turning right 180° to right cat stance.
  30. Downward figure 8 (#1, #2), drawing sword to right side.
  31. Step right foot forward to right walking stance, #5 kiai
  32. Draw left foot back to right cat stance and switch to right reverse grip, downward figure 8, left jump spin 180° to horse stance, stab down kiai
  33. Step right foot back to left back stance, bring sword over left shoulder (pointing left), raise sword over head to right shoulder (pointing left)
  34. 2 step jumping right side kick landing next to scabbard with #5
  35. Kneel next to scabbard
  36. In one motion, grab scabbard with left hand and sheath sword in front of you (hilt pointing right)
  37. Lay sword at your knees and bow over sword then bring the Left hand to your lap followed by the right hand.

# 1<sup>st</sup> Dan

Attack	Block	Disarm
#1	#1	Left hand grabs top end of stick (thumb down) and pulls stick down to guard position. Right stick slides next to attackers hand and pushes counter clockwise to disarm and strike the back of attackers front leg.
#2	#2	Left hand passes over attackers wrist palm up, wraps around arm, and pulls into chest (down, forward, up, back over top) trapping attackers stick to your chest. step away to disarm. (serve the tea)
#3	Middle inside block	Left hand grabs top end of stick (thumb right), press down to re-grab with right stick hand (knuckle cracker). left hand reaches under attackers wrist, high section palm strike to disarm.
#4	Middle outside block	Clockwise circle to press top end of stick down to left hand, grabbing thumb up. slide stick close to hand, clockwise circle to wrap your stick on top of attackers wrist. push/pull to release.
#5	Low outside block	Rotate stick to vertical position hooking attackers stick with pommel. step forward with left foot, trapping attackers stick across your hips. Strike attackers elbow with left palm strike to disarm
#6	Middle inside block	Left hand grabs top end of stick (thumb right). place top end of your stick to the back of your left hand, your pommel hooks around attackers wrist. step back/ reverse motorcycle/ pull, to disarm
#7	Middle outside block	Clockwise circle to press top end of stick down to left hand, grabbing thumb up. slide stick close to hand, clockwise circle to wrap your stick on top of attackers wrist. push/pull to release.
#8	Middle outside block	Left hand grabs top end of stick palm up thumb forward (high block). right stick slides up to wrist, left stick presses down, right stick presses up to disarm (garden shears)
#9	#9	Left hand grabs top end of stick (thumb right). right stick slides up to hand (top of stick on attackers wrist), left stick presses down, right stick presses up to disarm (garden shears)
#10	#10	Left hand grabs top end of stick (thumb left) and lifts to horizontal. place top end of your stick to the back of your left hand, your pommel hooks around attackers wrist. step back/ reverse motorcycle/ pull, to disarm
#11	#1	Left hand grabs top end of stick (thumb right) and pulls stick to hip. Right stick slides next to attackers hand and pushes counter clockwise to disarm and strike the back of attackers front leg.
#12	#2	Left hand grabs top end of stick (thumb up) and lifts to horizontal. place top end of your stick to the back of your left hand, your pommel hooks around attackers wrist. step back/ reverse motorcycle/ pull, to disarm

## 2<sup>nd</sup> Dan

Attack	Block	Disarm
#13	Middle inside block	Left hand grabs top end of stick (thumb down) and pulls stick down to guard position. Right stick slides next to attackers hand and pushes counter clockwise to disarm and strike the back of attackers front leg.
#14	Middle outside block	Left hand passes over attackers wrist palm up, wraps around arm, and pulls into chest(down, forward, up, back over top) trapping attackers stick to your chest. step away to disarm. (serve the tea)
#15	Upward block	Left hand grabs top end of stick palm up thumb forward(high block). left hand pulls end of stick down to invert attackers stick(outside wrist lock). strike attackers radius with pommel of right stick(high block) to disarm.
#16	#2	Left hand passes over attackers wrist palm up, wraps around arm, and pulls into chest(down, forward, up, back over top) trapping attackers stick to your chest. step away to disarm. (serve the tea)
#17	Low inside block	Rotate stick to vertical position hooking right elbow inside attackers left elbow. step back right foot pulling with your right elbow to disarm attackers left hand and hooking attackers stick with pommel, trapping attackers stick across your hips. striking attackers right elbow with left palm strike to complete disarm.
#18	Upward block	Left hand grabs top end of stick (thumb right), press down to re-grab with right stick hand(knuckle cracker). left hand reaches under attackers wrist, high section palm strike to disarm.
#19	#1	Left hand grabs top end of stick (thumb down) and pulls stick down to guard position. Right stick slides next to attackers hand and pushes counter clockwise to disarm and strike the back of attackers front leg.
#20 (right eye)	Middle outside block	Left hand grab pommel(thumb right), push pull to disarm
#21 (left eye)	Middle inside block	Pass attacker stick over left shoulder, left arm wraps attackers arm and hooks under pommel, step away to disarm
#22	Middle inside block	Left hand grabs top end of stick (thumb down) and pulls stick down to guard position. Right stick slides next to attackers hand and pushes counter clockwise to disarm and strike the back of attackers front leg.
#23	Middle outside block	Right stick pushes attackers stick down to left hand(grabbing thumb) and lifts to horizontal. place top end of your stick to the back of your left hand, your pommel hooks around attackers wrist. step back/ reverse motorcycle/ pull, to disarm
#24	Upward block	Left hand grabs top end of stick palm up thumb forward(high block). left hand pulls end of stick down to invert attackers stick (outside wrist lock). strike attackers radius with pommel of right stick(high block) to disarm.