

MARTIAL ARTS USA

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BROWN BELT Dragons and Teen/Adult REQUIREMENTS

FORMS:

PALGWE PAL CHANG:

1. Turn 90 degrees to the left into left front stance, low block with left hand
2. Slide left foot back into right back stance while disengaging and bottom-fist striking with left hand
3. Step forward into right front stance, middle punch with right hand
4. Turn 180 degrees to the right into right front stance, low block with right hand
5. slide right foot back into left back stance while disengaging and bottom-fist striking with right hand
6. step forward into left front stance, middle punch with left hand
7. turn 90 degrees to the left into right back stance, double high knife-hand block to the left
8. Step forward into right front stance, spear-hand strike with right hand (guard solar plexus with left hand).
9. Turn 360 degrees to the left (guarding back with right hand) into right back stance
10. As you finish turning, outward back-fist strike with left hand
11. Step forward into right front stance, high punch with right hand. Gi-yup!
12. Turn 270 degrees into right back stance, outward knife-hand strike with left hand
13. Turn 45 degrees to the right to withdraw left foot to right foot and disengage left hand by pulling it back to your chest
14. Turn back 45 degrees to the left pivoting into side stance, elbow strike to ribs with left elbow
15. Pivot into left front stance, middle block with left hand
16. Without stepping, reverse middle block with left hand
17. Turn 180 degrees to the right into left back stance, outward knife-hand strike with right hand
18. Turn 45 degrees to the left to withdraw right foot to left foot and disengage right hand by pulling it back to your chest
19. Turn back 45 degrees to the right pivoting into side stance, elbow strike to ribs with right elbow
20. Pivot into right front stance, middle block with right hand
21. Without stepping, reverse middle block with right hand
22. Bring feet together (by moving right foot) and face down the center bar. Pivot and side kick with left foot
23. Set kicking foot down into left front stance, elbow strike with right elbow into left palm
24. Pivot into side stance, turn focus 180 degrees to right , bring left foot to right foot, side kick with right foot

25. Set kicking foot down into right front stance, elbow strike with left elbow into right palm
26. Turn 90 degrees to left into left front stance, double middle block
27. Without stepping, withdraw hands and double uppercut to rib cage
28. Step forward into right front stance, double middle block
29. Without stepping, withdraw hands and double uppercut to rib cage
30. Step forward into right back stance, inward palm block with left hand
31. Bend left wrist down as if locking opponent's wrist into a "chicken neck".
32. Pull left hand to waist (trapping opponent's arm) and turn 270 degrees to right into side stance, double elbow backwards
33. Turn 90 degrees to the left bringing feet together, place left hand over right in front of abdomen
34. Fall to the left into side stance, double elbow to sides
35. Shuffle to the right, elbow backwards with right elbow and punch over right shoulder with left hand
36. Shuffle to the left, elbow backwards with left elbow and punch over left shoulder with right hand! ki-yup

SELF DEFENSE:

Improvised weapons

KICKS: Cut back kick

PRESSURE POINTS:

Neck & Upper Body