

MARTIAL ARTS USA

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RED ADVANCED BELT

Dragons and Teen/Adult
REQUIREMENTS

FORMS:

PALGWE CHILL CHANG:

1. Step forward left foot, front stance, two down blocks to side (simultaneously), front kick with right foot to chin
2. Step forward, front stance, two (simultaneous) "in-to-out" middle blocks, front kick with left foot to chin
3. step forward, front stance, double high cross block, prepare for side kick – kick with right foot to chin
4. Step forward, back stance double middle Soto block. "KI YUP"
5. turn left 270 degrees back stance, "in-to-out" middle block with left hand , (move left foot), front stance, reverse stomach punch with right hand, to high block with left hand
6. step up "set" (prepare for side kick) kick with right foot to chin
7. Step forward, back stance low double Soto block, (move right foot), front stance, reverse stomach punch with left hand
8. Turn right 180 degrees, back stance, "in-to-out" middle block with right hand (move right foot) front stance, reverse stomach punch with left hand, to high block with right hand, step up "set" (prepare for side kick), kick with left foot to chin
9. Step forward, back stance, low double Soto block (move left foot), front stance, reverse stomach punch with right hand
10. Turn left 90 degrees, front stance, double low cross block to double high Soto cross block, twist hands, Soto with left hand to reverse face punch with right hand
11. Step forward, horse stance, low block with right hand
12. Step forward, horse stance, Soto to neck with left hand, to crescent kick with right foot
13. Step forward, elbow smash with right elbow
14. Turn left 90 degrees, front stance, groin grab with right hand, "break" pull back with right hand, high outside block, and down block with left hand (simultaneously), while shifting to back stance, remain in same stance and double middle Soto (move left foot), front stance, reverse face punch with right hand, "KI YUP"

ONE STEPS:

Creative 2

SELF DEFENSE:

Judo flip
Leg sweep

KICKS:

all

On the head:

Tong chon – top of head
Buck he – forehead
Gek ju inn – temples
Chun gun – bridge of nose
Inn jung – under nose
Ha gon - chin

PRESSURE POINTS: