

Red/Black Belt Curriculum

Chung Mu

- Twin Knife Hand Block:** Chamber left hand over right, turn to the left (90) and step with your left foot into a back stance. Twin knife hand block with your left hand forward.
- Guarding Chop:** Step forward with your right foot into a front stance. Guarding chop with your right hand forward.
- Knife Hand Middle Block:** Turn to the right (180) and step with your right foot into a back stance. Knife hand middle block with your right hand forward.
- Spear Hand Thrust:** Step forward with your left foot into a front stance. Spear hand thrust with your left hand, palm horizontal.
- Knife Hand Middle Block:** Turn to the left (90) and step with your left foot into a back stance. Knife hand middle block with your left hand forward.
- Side Kick/Back Fist, Knife Hand Middle Block:** Turn to the right (180), simultaneously side kick with your right foot and back fist with your right hand. Step down with your right foot into a back stance. Turn to the left (180) and knife hand middle block with your left hand forward.
- 2 Steps, Flying Side Kick, Knife Hand Middle:** Step forward with your right foot and then your left foot and flying side kick with your right foot. Kihap. Land with your right foot forward in a back stance. Knife hand middle block with your right hand forward.
- Down Block:** Turn to the left (270) and step with your left foot into a back stance. Down block with your left hand.
- Head Grab:** Chamber your left hand over your right hand and shift your left foot into a front stance. Twin spear hand thrust with both hands.
- Head Smash, Ridgehand:** Bring your right knee forward and head smash by slapping your hands to your right knee. Step forward with your right foot, and turn to the left (180) into a front stance left foot forward. Ridgehand with your right hand, supporting it with your left hand at your right elbow.
- Round Kick, Spin Back Kick** Rear leg round kick with right leg land in front. Spin back kick with your left foot. Turn to the right (180) and stand in a traditional fighting stance, right hand forward.

Traditional Round Kick:	Traditional round kick with your left foot and step down with your left foot touching your right foot. Turn to the right (90) and form a triangle with your hands at your left side.
Twin Bo Block:	Step forward with your right foot into a back stance. Twin bo block with your right hand forward.
(360) Jump, Knife Hand Middle Block:	Jump in the air and spin to the left (360). Land facing forward with your right foot forward in a back stance. Knife hand middle block with your right hand forward.
Reverse Guarding Spear Hand Thrust:	Step forward with your left foot into a front stance and open your arms so your left hand points down and your right hand points up. Reverse guarding spear hand thrust with your right hand, bringing your left hand to your neck.
Groin Rip, Down Block:	Shift to a right front stance. Groin rip with your right hand and down block with your left hand. Your right palm should face backwards. Kihap
Spear Hand Thrust:	Step forward with your right foot into a front stance. Spear hand thrust with your right hand.
Double Outside Block:	Turn to the left (270) and step with your left foot into a front stance. Double outside block with your left hand forward.
Temple Smash, Back Fist Smash:	Step forward with your right foot into a back stance. Temple smash with your right hand. Back fist smash with your right hand.
Side Kick, Side Kick, X Block Middle:	Turn to the left (180), side kick with your right foot and step forward. Side kick with your left foot and step forward into a back stance. Turn to the right (180) and X block middle with both hands and right foot forward front stance.
Double Arm Break:	Step forward with your left foot into front stance. Double arm break with both hands.
Upper Block, Reverse Punch:	Turn to the right (180) and shift your right foot into a front stance. Upper block with your right hand. Reverse punch with your left hand. Kihap.

Self Defense 12: Against the Wall

Reach across with your left hand to grab the attackers hands. At the same time bring your right knee up into attackers groin and leopard strike to the attackers neck. Slide to left while pushing them into wall. Side kick downward on their right knee toward calf to force them to the ground. Jump back kick their head with your left foot.

One Step Sparring # 12

- Start at ready position
 - Leap to the (L)
- Pop up round kick (R)
- Spin Chop (L) hand
 - Leg sweep (L)
- Reverse punch, kihap (R)