

Red Belt Curriculum

Palgue 8

- Down Block:** Turn to the left (90) and step with your left foot into a front stance. Down block with your left hand.
- Hammer Fist:** Pull left foot back to cat stance, hammerfist to bridge of nose with your left hand.
- Punch:** Step forward with right foot into a front stance. Punch with right hand.
- Down Block:** Turn to the right (180) and step with your right foot into a front stance. Down block with your right hand.
- Hammer Fist:** Pull left foot back to cat stance, hammerfist to bridge of nose with your right hand.
- Punch:** Step forward with left foot into a front stance. Punch with your left hand.
- Knife 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.
- Spear Hand:** Step forward with right foot into a front stance. Spear with right hand.
- 360 Degree Turn Back Fist:** Spin counterclockwise (360) and back fist with left hand.
- Punch High:** Step forward with right foot into a front stance. Punch high with your right hand. Kihap.
- Chop to Neck:** Ready left hand by left ear. Turn to the left (270) and step with your left foot into a back stance. Chop with left hand.
- Elbow Horse Stance:** While pulling left hand to chest, pull left foot back to cat stance. Then reposition left foot to horse stance executing the elbow with left arm.
- Outside Block:** Ready left hand across body. Step forward with left foot into a front stance. Outside block with left hand.
- Reverse Punch:** Step forward with right foot into a front stance. Reverse punch with your right hand.
- Chop to Neck:** Ready right hand by right ear. Turn to the right (180) and step with your right foot into a back stance. Chop with right hand.
- Elbow Horse Stance:** While pulling right hand to chest, pull right foot back to cat stance. Then reposition right foot to horse stance executing the elbow with right arm.
- Outside Block:** Ready left hand across body. Step forward with left foot into a front stance. Outside block with left hand.
- Reverse Punch:** Step forward with right foot into a front stance. Reverse punch with your left hand.

Tri Chamber:	Step with right foot to horse stance chambering hands at right side. Then step with right foot to attention stance, chambering hands at left side. Step with left foot up to crane stance, chambering hands at right side.
Side Kick from Crane Stance:	Simultaneously backfist with left hand.
Elbow Strike:	Land front stance elbow smash right elbow to left palm.
Tri Chamber:	Step with left foot to horse stance chambering hands at left side. Then step with left foot to attention stance, chambering hands at right side. Step with right foot into crane stance, chambering hands at left side.
Side Kick from Crane Stance:	Simultaneously backfist with right hand.
Elbow Strike:	Land front stance elbow smash left elbow to right palm.
Double Break:	Shift left foot counterclockwise (180) pulling hands up and circularly. Left foot forward in front stance.
Double Rib Smash:	Immediately double rib smash to opponents' ribs.
Double Break:	Step forward with right foot in front stance pulling hands up and circularly.
Double Rib Smash:	Immediately double rib smash to opponents ribs.
Single Knife Hand Block:	Step forward with left leg in back stance single knife hand block with left hand.
360 Degree Turn Elbow Strike:	Grab opponent's wrist and turn upward. Rotate right foot (180) clockwise lowering opponents elbow onto your left shoulder and simultaneously elbow strike to the kidney with right hand.
Break Bear Hug:	Stepping up with right foot lift hands in front of face (underneath opponents arms). Extend arms directly above shoulders and step out with right foot to horse stance.
Double Elbow:	Execute a double elbow strike with hands in chamber position.
U Punch Elbow:	Double step with left foot first U punch with left hand.
U Punch Elbow:	Double step with right foot first U punch with right hand.

Self Defense 11: Hook Punch

Outside block with you left against attackers right hand punch. As you block circle the arm and create arm bar. With arm bar in place palm strike with right hand to attackers nose while foot sweeping with your right foot. Release as attacker falls.

Wheel Kick Combination

- Jump Back Kick (R)
 - Pop Up Hook (R)
- 360 Jump Wheel Kick (R)
- Double punch, Kihap (L,R)

One Step Sparring # 11

- Start at ready position
 - No leap
- Inside crescent kick (L)
 - Spin wheel kick (R)
- Iron broom sweep (R)
 - Axe kick (R)