

BLUE BELT WITH BLACK TIP (2nd Blue)

Anticipated interval (2 classes /week) from last promotion: Minimum time: 6 months

SKILL SUMMARY:

Stances:

Strong consistent stances -with little head variation as moves across the floor.

Blocks:

Very consistent with all blocks. Strength derived from rotation of waist.

Strikes:

Combinations of open and closed hand strikes.

Variation of target and weapons displayed consistently.

Kicks:

Kicks with sweeps (variation)

Flying Side Kick

Jump Spinning Back Kick

Jump Turning Round House

Jump Turning Side Kick

Forms:

Basic Form # 6 (Pyung ahn sam dan)

One-Step Sparring: 12 One Steps

1.

RIGHT Outside- in block to the forearm (crooked pond) while stepping forward- spin inward 180 degrees, LEFT backwards elbow to the solar plexus, LEFT backfist to nose (white bone orifice), LEFT openhanded groin strike (pelvic plexus).

2.

LEFT Outside-in block to the forearm (four rivers), spin outward 180 degrees, RIGHT elbow to floating rib, LEFT punch over the shoulder to face (great bone orifice).

Sparring:

Well-rounded capabilities.

Able to demonstrate breadth and depth of basic and advanced techniques during free sparring.

Breaking:

Multiple Weapon Breaking

Self Defense:

Knife defense (Front and Rear)

Gun Defense from side (behind arm) - CKM pp. 255-256

Gun from Front - CKM p. 259

Gun from Behind (Touching)- CKM pp. 260-262

Defense against Hand Gun: Behind from a Distance - CKM pp. 334-335

Machine Gun Takedown -CKM pp.290-291

Step in Take Down Against Kick

Spinning Under Take Down Against Kick

Scissor Take Down Against Kick

Teaching: With supervision students will be introduced to teaching lower ranked students.

Philosophy

Required Community Service

25 hours