

# **CURRICULUM: RANK APPROPRIATE SKILL SUMMARY**

# YELLOW BELT WITH BLACK TIP (2<sup>nd</sup> YELLOW)

Anticipated interval (2 classes /week) from last promotion: Minimum time: 3 months

#### **SKILL SUMMARY:**

### Stances:

Strong Front and Back Stance (Fighting Stance)

Deep Horseback Stance

#### **Blocks:**

Center Knife Hand Block
Downward Knife Hand Block

#### Strikes:

Side Center Punch Knife Hand Chop Ridge Hand Strike

## **Kicks:**

Lead Leg Double Round House

Slide Lead Leg Round

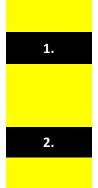
10 different three kick combinations

#### Forms:

Basic Form # 3 (Ki cho hyung sam bu)
Introduce concept of Shuhari Form

## **One-Step Sparring:**

5 One Steps



LEFT Inside-out block to the forearm (crooked pond), double handed ear strike (ear drum), pull head downward into RIGHT upward knee strike to the nose (white bone orifice).

LEFT Inside-out block to forearm (crooked pond), RIGHT high punch to the nose (white bone orifice), LEFT ear strike (ear drum), RIGHT inverted knuckle strike to Adam's apple (thyroid cartilage).



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## Sparring:

Improved hand / foot combinations, distancing

## **Breaking:**

Demonstration of two weapon breaks: hand and foot breaking

### **Self Defense:**

Escape from the Choke (Front, Behind, Side, w/ Push)— CKM pp. 60-69 Choke from Front and Behind Against Wall - CKM pp. 124 and 125  $\,$ 

Air and Blood Choke application (Front)

Application of Rear Naked Choke

Headlock from Behind (Arm Bar)- CKM pp. 128-129

Headlock from Behind (Carotid Choke)- CKM pp. 130-131

# **Philosophy**

# **Required Community Service**

5 hours