

GREEN TIP – 7TH KUP

Hand Techniques

1. Outer rolling block then backfist
2. Inner rolling block then backfist
3. Outer rolling block then elbow
4. Inner rolling block then elbow
5. Backfist feint then palm heel to chin
6. Backfist feint then reverse knifehand to head

Falling

1. Long cat roll
2. High cat roll
3. Cat roll over obstacle (optional)

Self Defence

C4 Face Push

- Wrist (same hand)
- Double Lapel
- Punch (jab then cross) – deflect jab > step to outside > deflect cross > palm to chin on the inside and other hand on lower back
- Two handed push

C5 Corkscrew

- Wrist (cross hand)
- Wrist (same hand)
- Double hands
- Two hands onto one
- Punch (jab then cross)
- Single lapel
- Double lapel
- Rear double hands
- Hair

C6 Fan Lock

(attacker does side fall – not turning side fall)

- Wrist (cross hand)
- Wrist (same hand)
- Double hands (sandwich lock)
- Single lapel (arm over, spin and kneel, throw, attacker does cat roll into side fall)
- Double lapel
- Rear double shoulder
- Finishing technique – lock elbow using shin – palm to ground
- Finishing technique – stir the pot

Multiple Grabbing

Demonstrate self defence techniques

Kicking Techniques

1. Front foot side
2. Front foot turning
3. Front hook
4. Sliding hook
5. Spinning crescent
6. Jumping front

Weapons - Magazine

Rolled up magazine or newspaper

Basic striking and thrusting

1. Downward strike (to head or face)
2. Straight thrust (to solar plexus or throat)
3. 45° Downward strikes (to collar bone)
4. Whip strike (to side of head or ribs)

Patterns

Self Defence Drill 2 – Core Techniques 1 to 6

1. **Punch**
C5 Corkscrew > pivot 180 to the front > pull arm into elbow lock > step back and lay attacker onto their stomach.
2. **Double shoulder grab**
C4 Face Push > they do back fall
3. **Single shoulder grab**
C1 Wing Lock > **C3 Z Lock** > **C2 Elbow Roll** > push attacker forwards into cat roll
4. Keep hold of the attacker's hand and follow attacker as they do the cat roll > as they are getting up execute a **C6 Fan Lock** (attacker does side fall) > lock elbow using shin.

Poong Yoo Bub – Part 2

1. Single hand push 45° to the right 3 times then 45° to the left 3 times. Eyes watching front hand at all times. Inspiration as arm is bent, expiration as it is extended.
2. Feet one shoulder width apart, palms together and raise arms to sides on inspiration (like graceful bird). Lower arms and hands in semi circle on expiration. 8 repetitions and finish with feet together and arms coming down to sides.

Pressure Points

1. Large Intestine 20 – can be used as alternate to face push using index and middle finger
2. Triple Heater 3 – can be used in fan lock

Key Principles and Skills

- Blending from one technique to another smoothly
- Continuous unbalancing of opponent throughout entire technique
- Continuous application of pain throughout the entire technique
- Maintaining your own posture during the technique
- Following the technique's momentum