

YELLOW BELT – 8TH KUP

Hand Techniques

1. Knifehand strike - inward & downward
2. Spinning knifehand strike - forward & backward

Falling

1. Cat roll into side fall (stay down)

Self Defence

C1 Wing Lock

- Wrist (same hand)
- Wrist (cross hand)
- Double hands
- Two hands onto one
- Shoulder
- Single lapel (arm straight)
- Double lapel (arms straight)
- Punch (jab then cross)
- Hair
- Finishing technique: Dropping Wing Lock

C2 Elbow Roll

- Wrist (same hand)
- Wrist (cross hand)
- Two hands onto one
- Single lapel (arm straight)
- Double lapel (arm straight)
- Rear double hands
- Punch (jab then cross)
- Finishing technique: stomach down – arm with palm up - 90° to body - knee or knifehand on back of elbow

C3 Z-lock

- Wrist (same hand)
- Wrist (cross hand)
- Double hands
- Two hands onto one
- Sleeve
- Shoulder
- Choke (single hand)

Multiple Grabbing

Demonstrate self defence techniques

Pressure Points

1. Large Intestine 10 – upper forearm (used in Z-Lock)
2. Triple Heater 6 – back of wrist (used in Z-Lock)
3. Large Intestine 4 – between thumb and forefinger

Weak Points

1. Tricep Tendon – just above rear of elbow (used in elbow roll)

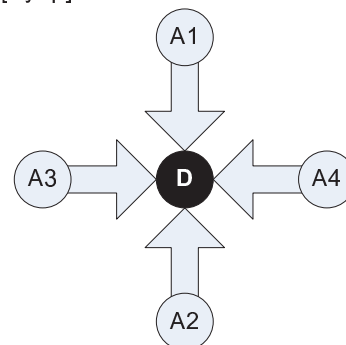
Kicking Techniques

1. Turning side
2. Turning back
3. Inward crescent (outside to inside)
4. Outward crescent (inside to outside)
5. Front & turning
6. Front foot side then turning side
7. Turning side then turning back

Patterns

Pattern 3 – Four Directional Deflection & Counter

- A1. **Jab to head (R)[sparring stance][kyup]** Inner deflection (R), front backfist (R) walking stance, reverse finger thrust (L) [walking stance][kyup], low-section side kick (L), turn around sparring stance.
- A2. **Jab to head (R)[sparring stance][kyup]** Outer deflection (R), ridgehand to jaw (R) checking elbow (L) [L-stance], grab, pull in & twist kick (L) to shin, turn to the right sparring stance.
- A3. **Jab to head (R)[sparring stance][kyup]** Upper deflection (R), elbow strike (R) [L-stance] to the ribs, step back into sparring stance, check elbow (R) & turning kick (R), low turning kick to shins (L) striking with the heel, turn around sparring stance.
- A4. **Jab to head (R) then cross to stomach (L)[sparring stance][kyup]** Upper deflection (R)[L-stance], lower deflection (R)[L-stance], short knifehand strike to neck (R) step across (R), step through (L), spinning knifehand strike (L) to the neck [walking stance][Kyup].



Key Principles and Skills

- Leverage – understand where the fulcrum, load and lever is for all your techniques
- Keeping technique close to your body – close to danjun, close to hip, elbows in, below shoulders.
- Understand which biomechanical angle favours your major arm and leg muscles.