

WHITE BELT – 10TH KUP

Stances

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|--------------|-----------------|-------------|
| 1. Attention | 3. Horse-riding | 5. Sparring |
| 2. Ready | 4. Walking | |

Kicking Techniques

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|---|-----------------|
| 1. Shin Kick (like passing soccer ball) | |
| 2. Heel kick to lower shin (toes out) | |
| 3. Groin kick | 6. Front kick |
| 4. Back kick | 7. Turning knee |
| 5. Front knee | 8. Turning kick |

Self Defence

Release principles

Working against thumb, large circle and small circle
Use of 90° and 180° step.

Release/Strike from a static grab – single hand

1. Release > elbow strike to solar-plexus
2. Strike wrist (LU7) > knife hand strike to neck (L18)
3. Strike wrist > spin inwards > elbow strike to head [DANGER!]
4. Release by spinning outwards, elbow strike to head or ribs then face the opponent in sparring stance
5. Kick shin (SP6) > palm strike to chin or nose

Against Front Choke

6. Throat pressure point (jugular notch)
7. Arm-pit pressure point
8. Arm over > elbow to head [DANGER!]
9. Arm over, turn > elbow to head or body

Release from two shoulder grab from behind

10. Spin, head under, keep spinning until released.
Start with a step to unblance attacker.

Pressure Points

1. Inner wrist – Lung 7
2. Neck - Large Intestine 18
3. Inside shins - Spleen 6 or 7

Weak Points

1. Jugular Notch – push in and downwards
2. Armpit – caution due to superficial nerves & blood vessels
3. Nose - push or strike with palm
4. Solar Plexus
5. Groin (for Groin Kick)

Multiple Grabbing

Demonstrate defence against static grab to wrist from front, side or rear, double hands, two hands onto one, chokes - using releases & release/strike.

Key Principles and Skills

Balance: Keeping your balance by lowering your centre and affecting opponent's balance by pulling, pushing or striking.

Feint: Using opposite movement to generate a reaction from your opponent to help your technique

Awareness: Watching for punches and kicks from opponent during technique – ready to block if required.

Safety: Always taking care of your partner.

Respect: Following dojang etiquette in a respectful and sincere manner.

Falling

1. Back fall and back roll – start from sitting, first without rolling over, then rolling over, then from squatting, then from standing.
2. Cat roll – start from kneeling, then from standing.

Hand Techniques

These hand techniques are done in both horse-riding stance and walking stance, demonstrating good use of the hips to generate power.

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|----------------|-----------------------------|
| 1. Basic punch | 4. Inner block |
| 2. Lower block | 5. Outer block |
| 3. Upper block | 6. Outward knifehand strike |

Patterns

You should be proficient with both left & right sides.

Pattern 1 – this is the right hand version

1. Mid-section punch (R)[horse-riding stance]
2. Outer block (R)
3. Lower block (R)
4. Mid-section punch (L) (R lower block remains in position)
5. Outer block (L)
6. Lower block (L)
7. Pull both hands back then upper X-block (R on top)
8. Double elbow strike to the rear (look back over R shoulder)[kyup]
9. Double punch to solar plexus [kyup]

Pattern 2 – this is the right hand version

1. Inner block (R)[horse-riding stance]
2. Upper block (L)
3. Double punch to solar-plexus (R then L)[kyup]

Footwork Drill

Basic sequence:

1. Start left foot back. Turn anti-clockwise 180* (just pivot around front foot without stepping - finish left leg back).
2. Turn clockwise 90* (left leg moves up to middle, pivot 90* and then right leg moves back).
3. Turn anti-clockwise 180* (right leg moves up to middle, pivot 180* and then left leg moves back).

Do this sequence 4 times to end up where you started each time adding a different hand movement:

- First time: hands on the belt
- Second time: pushing single hand
- Third time: circular hands
- Fourth time: sword movement

Don't forget to also do this drill starting with the right foot back (mirror image).

Poong Yoo Bub – Part 1

1. Both hands in front, palms up on inspiration and down on expiration, 6 repetitions (don't raise arms higher than shoulders)
2. Double hand push 3 to left, then change on 4. Repeat 3 pushes to the right. Finish with hands forming a circle and feet together.