

BLACK TIP – 1ST KUP

Weapons – Jangbon

Pole – Jangbon basic striking

1. Strike to head
2. Strike to knee
3. Thrust to throat
4. Basic Blocks – upper, side, downwards, lower
5. Spinning in front
6. Spinning side to side (without letting go)
– top half away from you
7. Spinning side to side (without letting go)
– top half towards you
8. Spinning side to side (alternating hands)
– top half away from you
9. Spinning side to side (alternating hands)
– top half towards you

Self Defence

Sitting on Ground legs crossed

- Against any Grab, punch, kick or choke.
Try to defend without having to get up

Leg attacks from sitting position

1. Forefinger to shins
2. Hook ankles & move forwards
3. Knifehand across shins
4. Hook ankle & behind knee

Lying on your back

- Against Chokes, pin-downs.
 - grab hair
 - strike elbows to bend them, roll left-right
 - roll fwd-bwd
 - throat pressure point
 - rib skin, push back & grab head with legs
 - elbow lock
 - wrist lock
 - push chin

Sitting on a chair

- Against any grab, punch, kick or choke. Try to defend without having to get up

Multiple Grabbing

Demonstrate self defence techniques

Key Principles and Skills

- Awareness of other attackers around you.
- Placing your attackers in the way of other attackers in situations where there is more than one attacker.

Pressure Points

1. Spleen 6 – inside shin
2. Triple Heater 17 – can be used from floor defence
3. Large Intestine 17 - can be used from floor defence

Kicking Techniques

1. 360° low spinning heel (Low impact option – step forwards and mid spinning hook)

Patterns

Pattern 8 – Eagle Pattern

1. Circular Tanjon
2. Horizontal punch (R), horizontal punch (L)
3. Groin punch (R) & outer block (L) outer block (R) & lower block (L) lower block (R) & outer block (L)
4. Elbow strike (R), mid-section punch (L), elbow strike (L), mid-section punch (L)
5. Double elbow strike then cat stance
6. Turning kick (R), rolling block, front backfist (R)
7. Reverse outer block (L) & lower block (R), palm block (L), crane block (L), palm block (L)
8. Reverse outer block (R) & lower block (L), palm block (R), crane block (R), palm block (R), rolling block, eagle claw (R)
9. Pivot around, cat stance
10. Turning kick (L), rolling block, front backfist (L)
11. Reverse outer block (R) & lower block (L), palm block (R), crane block (R), palm block (R)
12. Reverse outer block (L) & lower block (R), palm block (L), crane block (L), Palm block (L), rolling block, eagle claw (L), step back & horse-riding stance
13. Crane block (R), crane strike (R), neck throw, downwards reverse punch (R) [kyup], horse-riding stance
14. Mid-section side kick (L), low turning kick (R), low spinning heel (L)
15. Mid-section side kick (R), low turning kick (L), low spinning heel (R)
16. Crane block (L), crane strike (L), neck throw, downwards reverse punch (L) [kyup], double backfist, pivot around

Self Defence Drill 5

See next page for details.

Sparring Techniques

1. Jab, cross & turning kick
2. Backfist & palm heel strike
3. Step change & punch
4. Against turning kick: spin inwards & elbow strike
5. Front kick feint & downwards hook
6. Step change & sliding side kick

Patterns (Cont'd)**Self Defence Drill 5**

Stand with left leg forward and arms at side

A1 Front kick (R) and punch to head (R)

D (L) foot step back, downward (R) palm block to kick, circle back to block and catch punch. Pull arm down and lock onto hip, (L) hand circle around head, grab chin and pull back. Coat-hanger strike with right arm.

A2 Outer knife strike (R)

D (R) hand block, turn into **C14 Tornado Throw**.

A1 Turning kick (R)

D Circle in, grab leg and throw with sweep

A2 Single hand grab (R) with momentum

D Block before grabbing and apply **C15 Neck and Chin Throw**

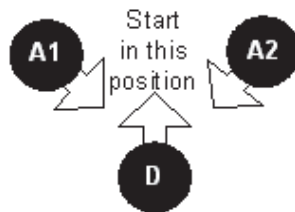
A1 Two hand push with momentum

D Arms under and over and **C11 Hip Throw**

A2 Punch to head (R)

D (L) hand block (R) hand knife hand strike to neck. **C9 Wrist and shoulder throw**.

Stand and turn facing in original position with arms at side.

**Grading Requirements**

- Danjun Testing
- All Patterns and Self Defence Drills (execution and application)
- Jukto – 2-3 Step Strikes
- Janbong (Basic Swinging and Strikes)
- One Step Sparring - Lock up
- Long Falls
- Shield Flying Kicks
- Multiple Self Defence
- Combination Kicks
- Free Sparring
- Poong Yoo Kwan
- Wood Breaks - High/Low Spinning Heel

Revision History

V2 – 1 Jan 06 Initial Issue to Students

V3 – 15 Jan 06 Changed Pressure Points and added Weak Points to suit techniques being taught at each belt level.

V4 – 15 Apr 06 Many minor changes based on feedback from instructors.

V5 – 6 Nov 06 Internal version for discussions of proposed changes amongst senior members. Many of the more radical changes were not implemented.

V6 – 15 Mar 07 Many minor changes – this should be the last revision before it goes into the student handbook.