

Welcome To the Exciting World Of Tae Kwon Do!



Student Booklet

The content of this booklet and training videos can be found on our website;

www.reddawnstudents.com

Password to enter site is frontkick

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Welcome to Red Dawn Martial Arts

Dear Tae Kwon Do Members,

We look for the best within ourselves and the best within our students. We are dedicated to expanding the benefits of martial arts training to everyone in our community. I am very proud of the quality training provided by Red Dawn Martial Arts. By working together, we are confident we can help you to achieve a healthier lifestyle.

As a member, one of the privileges available to you is the opportunity to invite friends and family members to our school as your guests. Enclosed you will find 2 free VIP guest passes for you to give to friends or family members.

For the more than 30 years we've been teaching new students, we've found that students enjoy the school even more when they have one of their friends in class with them. This is a great way to motivate someone to get started in the martial arts.

We look to you, as a dedicated and intricate part of our Red Dawn Martial Arts family, and an upstanding community member, to strengthen the quality of our community and school by referring someone of high standard like yourself.

SUPER BONUS!

AS an add gesture of our appreciation to you, for each of your guests that join before the expiry date of the endorsed passes, you will receive a \$50.00 gift certificate , which could be used for belt testing, tournament or any item from our pro shop.

Healthy Regards,
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What the Handbook Covers

This student handbook was designed to assist you, as a student, during your Tae Kwon-Do training journey. The handbook contains the following types of information for your maximum learning experience:

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How to Use the handbook

You are encouraged to use your student handbook in a manner that enhances your training. You will continuously be adding to it and taking notes among the pages. And because you receive information as your training progresses, it will become your personal training journal.

Welcome To The Exciting World Of Tae Kwon Do!

Thank you for joining our school. We're proud to have you as a student and look forward to working with you for many years to come as you progress to your black belt and beyond. This handbook is designed to help orientate you with the traditions of the martial arts and rules that are specific to our school. Of course, you may always call or speak to any of our instructors and they will be happy to help you get the most out of your training with us.

Our Instructors

All of our Instructors are under the direct supervision of Master Wilfrid Marcano, a former world Gold medalist and have more than 35 years experience as a martial artist.

Our goal is to take pride with respect to our students. Our instructors understand that the student's individual progress is the most important focus of their attention. That's why our instructors continue to be students themselves. They take classes, attend seminars and continually work to improve their ability to help our students reach their goals.

Everything we do at Red Dawn is based upon ideas of respect and courtesy. Children address all adults by surname only. All Black Belts are also addressed by surname only. Responses of "yeah" or "no" are not encouraged. "Yes sir" or "no madam" is preferred. We sincerely hope this conduct will carry outside of the school and have a positive effect on our community.

Disrespectful conduct by students can result in belt demotion, suspension or expulsion from the school. Misuse of Taekwondo techniques in an intimidating or aggressive manner outside of the school can also result in suspension or expulsion from the school.

A Special Note To Parents Of Our Junior Students

Out of concern for the safety of all of our *juniors*, we kindly request that all children wait in the school after class until their transportation arrives.

We also would like to remind you that children should arrive 10 minutes before the start of their class. That time is to be spent practicing and preparing for class.

We encourage parents to help us teach the children the importance of arriving on time to class. Late arrivals can confuse the child if he/she has missed part of class and also provides a safety hazard if the child has missed an important warm up.

Finally, it is contrary to the principles of discipline and respect that we are trying to teach. Arriving on time is a courtesy that we all can appreciate the importance of.

Leadership and Demo Team

The Leadership and Demo Team consists of hand picked students from our Club. You cannot just volunteer to join this prestigious group. You must meet certain qualifications before you are allowed to join this team. Duties of the Leadership and Demo Team include helping with classes, demonstrations, competition and assisting with special events.

Vacations or Extended Absences

If you will be missing class for vacation or illness for a period of more than one week, please notify your Instructor.

Special Events

We hold black belt grading once or twice a year. Don't miss these exciting events. Additionally throughout the year we will host a variety of seminars, in house tournaments, Halloween dance and Mall demo's along with charity fundraisers. Your support and participation in these events is important so be sure to stay up to date with them.

Make sure that you're on our email list, so can receive our monthly events updates.

WHAT IS TAE KWON DO

Tae Kwon Do is a Korean Martial art which has been developed through centuries of Eastern civilization. Today Tae Kwon Do has evolved into not only the most effective method of weapon less self-defense, but an intricate art, an exciting sport and a method of maintaining physical fitness.

Many think that breaking boards and bricks is what taekwondo consist of, but this is an entirely mistaken concept. Demonstrations displaying such feats merely show the power and speed the human body is capable of utilizing through Tae Kwon Do training.

Tremendous skill and control are required in Tae Kwon Do. While blocking, kicking and punching techniques all contribute to making taekwondo one of the most exciting and competitive sports, its challenge lies in the adept use of techniques without having any actual body contact. Complete control over punching and kicking movements is paramount in stopping just centimeters short of the opponent.

Through the coordination of control, balance and technique in the performance of hyungs (patterns), Tae Kwon Do is regarded as a beautiful and highly skilled martial art. It is also one of the most all-around methods of physical fitness since it utilizes every single muscle of the body and is considered the ultimate in unarmed self-defense.

In Korea, the Presidential Protective Forces are all trained in Tae Kwon Do and several other countries are adopting it into the training programs of their protective forces as well.

PURPOSE OF TRAINING

Tae Kwon Do Training covers 3 basic areas

PHYSICAL CONDITIONING: To develop in each student a maximum degree of power, flexibility, coordination, endurance, and breathing control.

SELF DEFENSE: To teach students a proper knowledge of a system of self defense, to defend themselves if attacked by one or more persons, and against unarmed or armed attack.

MENTAL DEVELOPMENT: To teach students to honor and maintain the tenets of Tae Kwon Do. To develop self confidence, self discipline, and humility. To instill inner peace and purpose of life. To stress mental, physical and social awareness.

RULES AND CONDUCT IN THE DO JANG (TRAINING HALL)

Every student must observe the following conduct in the Do Jang in order to maintain an orderly and effective training hall.

WHAT TO DO:

1. Bow before entering and leaving the Do Jang (Gym).
2. Bow to the Instructor at the beginning and end of class.
3. Bow to the Instructor upon arriving at the Do Jang.
4. Always exchange greetings between students and respect all higher—ranking belts.
5. Keep uniform clean at all times with the School emblem on front.
6. Address all Black Belt Instructors as “Mr./Mrs. _____ or “Sir/Madam”.
7. Master Instructors we call “Sa Bum Nim”.
8. Refrain from gum chewing in Do Jang.
9. After water break return to class as soon as possible.
10. Memorize Student Creed.
11. Should you arrive late, quickly put your card in card box and line up to request permission to join class. The decision to allow a late student to enter is entirely up to the instructor of the class. The instructor may prefer a late student to watch rather than risk injury due to missing important warm-ups

WHAT NOT TO DO:

1. Do not be late for class.
 2. Do not wear shoes in the Do Jang.
 3. Do not wear jewelry in class.
 4. Do not use profanity at any time.
 5. Do not leave your clothes, towels, sparring equipment or uniform in the Do Jang when you leave.
 6. Do not talk or laugh loudly when in the Do Jang.
 7. After water break return to class as soon as possible.
 8. Do bring cell phone to class.
- * The purpose of the “bow” in Tae Kwon Do is to show respect for the art you are learning, the instructor who teaches you, and respect among your fellow students.

Tae kwon do Patterns (Hyung)

1. CHON-JI

Meaning: Heaven and Earth,

Number of Moves: **19**

2. DAN-GUN

Meaning: Named after the Holy Dan Gun, the legendary founder of Korea in 2333 BC.

Number of Moves: **21**

3. DO-SAN

Meaning: Named after the Patriot Aim Ch'ang(1876-1938) who devoted his entire life to furthering the education of Korea and its independent movement.

Number of Moves: **24**

4. WON-HYO

Meaning: The noted monk who introduced Buddhism into the Silla Dynasty in 686 AD.

Number of Moves: **28**

5. YUL-GOK

Meaning: Named after the philosopher & scholar Yll, nicknamed the ~‘Confucius of Korea’ the 38 movements in the pattern represent his birthplace on the 38 degree latitude.

Number of Moves: **38**

6. JO ONG-G UN

Meaning: Named after the Patriot An Jhoon Gun who assassinated the Hiro Burni-Ito, the first Japanese Governor General of Korea, known as the man who played the leading role in the Korea/Japan merger.

Number of Moves: **32** .Moves represent Mr. An’s age when he was executed in Lui Shing Prison in 1910.

6. Patterns continue

7. TOI-GYE

Meaning: Is the name of the noted Scholar Yi Hwang (16th century Ad) who was an authority on neo Confucianism. The 37 moves in the Pattern represent the 37 degree latitude of his birth place the diagram represents scholar.

Number of Moves: **37**

8. HWA-RANG

Meaning: Is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago. This group eventually became the driving force in the unification of the three kingdoms of Korea. The 29 moves in the pattern refer to the 29th infantry division where Tae kwon do gained its maturity.

Number of Moves: **29**

9. CHOONG-MOO

Meaning: Was the name of the Great Admiral Yi-Sun-Sin of the Yi Dynasty. He was reported to have invented the first armored Battleship in 1592 AD.

Number of Moves: **30**

10. GWANG-GAE

Meaning: He was the 19th King of Ko-Ku-Ryo Dynasty and he was known as a great conqueror. He was very bold and ambitious when he was young. His most remarkable achievement was the conquest of Manchuria dominated by the Chinese I-Iwo Yun which became part of the Ko-KuRyo Dynasty.

Number of Moves: **39**

11. PO-EUN

Meaning: Po-Eun is also known as Mong ju Ching. He was a scholar and a faithful public servant for the king in the Koryo Dynasty. At age of 23 he took three different national qualifying examinations which were used to select public servants, and received the highest scores on all three. He also founded an institute devoted to the theories of Confucianism. At this time Sung Kac Lee headed the armed forces of the Koryo Dynasty.

Number of Moves: **36**

Belt Testing

Sometimes we are asked how student test are scheduled. Students are allowed to test after a specified period of time. For example, a white belt may take the yellow stripe test after 10 - 12 group lessons, which is the equivalent to 1 month of continuous training. Requirement for testing is increased in work load as students advance in belt level.

Each student will be pretested the week before grading day, to see who is ready for testing. The information we receive by watching the pretest helps us to know which students are in need of the most attention and see who are qualify for testing.

Finally, as you spend more time in the class, you come to realize that Red Dawn instructors are some of the best instructors that you will ever work with. They are 100% with you and are only concerned with your individual progress. As you build trust in these outstanding martial arts educators you realize that they work very hard to position you for a successful Tae Kwon Do career.

Why do we have to test?

This is a school and examinations are part of any quality school. In order to gain any real confidence in your technique, you must work it and then demonstrate it under circumstances outside of the comfort zone of the classroom. Nearly all of the confidence thresholds achieved by our upper ranks came as a result of test preparation and performance. It is a challenge that has to be met head on.

This test is known as a grading!

We are doing all we can to get you ready and to eliminate excuses.

Doing Your Best --- Train Smart --- Train Regularly --- Show Respect

Assist Other = Black Belt

RED DAWN MARTIAL ARTS . GRADING REQUIREMENTS

Lil Dragon Requirements

White Belt ==> Orange Belt

1. Student Creed
2. Korean terminology
3. Exercises (jumping jacks, push ups etc.)
4. Attention stance—bow—jumbi stance Riding stance punch
5. High blocks- middle blocks - low blocks
6. Front snap kick
7. Tiger Drill
8. Backwards break fall - somersault
9. Balance beam (forwards & backwards)

Orange ==> Purple belt

1. All moves for orange belt

PLUS

2. Dragon Drill
3. Walking stance punch- step by step- forward & backwards
4. Walking stance block- forwards & backwards
5. L-stance - inner forearm block
6. Front snap kick
7. Balance beam- Army crawl

Purple ==> Combat Green Belt

1. All moves for Orange & Purple belts

PLUS

2. 4 directional footwork
3. Side kick
4. Balance beam (eyes closed) forward & backwards
5. BDX- Block Defence Extreme (new)

Left high block

Right low block

Step forward left leg

Left middle block

Reverse punch

(then switch for other side)

RED DAWN MARTIAL ARTS GRADING REQUIREMENTS

Please Note: Kids does not do 1, 2, or 3 step sparring

GRADING FROM:	TO:	REQUIREMENTS ON GRADING DA
Combat Green	<i>Yellow Stripe</i>	<i>All of above plus 4-direction punch (low section block) Backwards breakfall / somersaults</i>
Junior White (7 & up)	<i>Yellow Stripe</i>	<i>Same as Combat Green to Yellow Stripe</i>
Yellow Stripe	<i>Advanced Y/S</i>	<i>All of above plus: First pattern 3-step sparring (3 techniques) One line attack - one line defend</i>
Advanced Y/S	<i>Yellow Belt</i>	<i>All of above plus: Second pattern 3-step sparring (3 diff. techniques)</i>
Yellow Belt	<i>Green Stripe</i>	<i>2nd & 3rd pattern 2-step sparring (3 techniques) Shoulder rolls Free sparring (Sparring equipment required)</i>
Green Stripe	<i>Green Belt</i>	<i>3rd & 4th patterns 2-step sparring (3 diff techniques) Shoulder rolls Free sparring</i>
Green Belt	<i>Blue Stripe</i>	<i>4th & 5th patterns Shoulder rolls - running Free sparring</i>
Blue Stripe	<i>Blue Belt</i>	<i>5th & 6th patterns Shoulder rolls - running Free sparring</i>
Blue Belt	<i>Red Stripe</i>	<i>6th & 7th patterns Shoulder rolls over one pad Free sparring</i>
Red Stripe	<i>Red Belt</i>	<i>7th & 8th patterns Shoulder rolls over 1 1/2 (1 + small) pads Free sparring</i>
Red Belt	<i>Black Stripe</i>	<i>8th & 9th patterns Shoulder rolls over 2 pads Free sparring</i>

GRADING REQUIREMENTS (CONT'D)

GRADING FROM:	TO:	REQUIREMENTS ON GRADING DAY:
Black Stripe	Black Belt Cond.	9th & 10th patterns Shoulder rolls - 2 1/2 pads Sparring
Black Belt Candidate	Black Belt	10th & 11th pattern Shoulder rolls - 3 pads Self defense One-step free sparring Sparring Weapons Attend Friday night 6:00pm class plus all of the above

Board Breaking: Suspended punch, flying side kick, and blind folded jump back kick.

See next page for additional requirements for black Belt Grading.

ADULTS

Same as juniors except that in addition to the requirements shown above is self defense at all levels and one-step sparring from green belt up.

THREE-STEP SPARRING:

Yellow Stripe Level: Knife-hand, knife-hand, step, low/high knife-hand
Palm block, palm block, step behind, double punch
Palm block, palm block, fighting stance, side kick
For adults only: Inner forearm, inner forearm, block/punch, upset punch

Advanced Yellow Stripe Level: Hooking block, hooking block, elbow strike high/low
High block, high block, elbow strike, turn, elbow strike
Palm block, palm block, fighting stance, front kick/punch

TWO STEP SPARRING:

Yellow Belt: Attacks: Right punch, left front kick
Right punch, left side kick
Right punch, left roundhouse

Green Stripe: Attacks: Right front kick, right punch
Right side kick, left back kick
Right side kick, spinning knife-hand

ATTENDANCE AT TOURNAMENTS IS MANDATORY FOR GRADING FROM GREEN STRIPE & UP.

THIS IS A GUIDELINE ONLY AND, EXCEPT FOR PATTERN REQUIREMENTS. IS SUBJECT TO CHANGE!

REQUIREMENTS FOR BLACK BELT CANDIATES TO GRADE TO BLACK BELT

LIST OF REQUIREMENTS:

1. MUST have regular attendance, minimum time between belts is six (6) months.
2. Class attendance should be at least three (3) times per week, every week. Missing classes' means you must add more training time to make up for the lost time.
3. All children attending Black Belt Candidate class must know at least one (1) of the weapons pattern that they have been taught. (BO or NUNCHUKS)
4. All black belt Candidate juniors MUST attend Friday's 6:00pm-6:45pm Self defense/tournament preparation class. This class is where self defense moves and techniques will be taught. Self defense is a mandatory requirement for grading.
5. Black Belt Candidates MUST help teach or assist with teaching one (1) class per week.
6. Black Belt Candidates MUST/AND SHOULD KNOW all the Tae kwon do patterns from pattern #1 to pattern #11.
7. Black Belt Candidates should have competed in at two (2) tournaments in the six (6) month prior to the Black Belt Grading.
8. Before Black Belt Grading all black Belt Candidates should know and be able to execute ALL board breaking techniques.
9. Sparring techniques should show good offensive and defensive skills.
10. SHOULDER ROLLS- must clear at least three pads.
11. All Black Belt Candidates should have respect for others and for the Art of Tae Kwon Do, and be eager to learn. They also must have a good attitude.
12. For the Black Belt Candidates who meet all these requirements, you will be notified by Master Marcano if you are to qualify.
13. Upon being selected for Black Belt grading, all Candidates will be required to write an essay (minimum (3) pages long) on Your Tae Kwon Do Journey from White belt to Black Belt.
14. On grading day all Black Belt MUST wear a CLEAN WHITE uniform.

Time Requirements for Testing

White Belt to Advance Yellow Stripe	1 Month minimum at each level
Advance Yellow to Green Stripe	1 Months minimum at each level
Green Stripe to Red Stripe	3 Months minimum at each level
Red Belt to Candidate Black Belt	3 Months minimum at each level
Candidate Black Belt to Black Belt	6 Months minimum

Also, training days must be continuous, at a minimum of two classes per week.

Student Creed

To build ourselves physically and mentally based on the tae kwon do spirit.

To keep friendship with one another and to be a strong group.

To never fight to achieve selfish ends.

Tae kwon do Aims To Achieve

Modesty
Perseverance
Self-Control
Indomitable Spirit

Tae Kwon Do Vocabulary

Korean Words	English meaning
Sa bum nym	Master Instructor
Charyot	Attention
Kyong Yeh	Bow or Salute
She-Jak	Start or Commence
Jumbi	Ready
Dojang	Training Hall
Dobook	Uniform
Goman	Back to Ready
Hyung	Pattern
Kihup	Yell
Up-chagi	Front Kick
Yup-chagi	Side Kick
Dollyo-chagi	Round house Kick

Patterns Name	Numbers
Chon-ji	Hana
Dan-Gun	Dul
Do-San	Set
Won-Hyo	Net
Yul-Gok	Dasot
Joong-Gun	Yosot
Toi-Gye	ilkob
Hwa-Rang	Yodol
Choong-Moo	Ahop
Gwan-Gae	Yul
Po-Eun	

APPENDIX A

THREE-STEP SPARRING TECHNIQUES

The 3-step sparring technique involves one attacker and one defender. The attacker's moves are consistent while the defense maneuvers vary.

Note to students:

The following list of techniques and descriptions are designed to assist the student in recalling instruction gained in class. Students are NOT permitted to practice techniques that are above their belt level. Should the student discover a discrepancy between that written in this manual and that instructed by your teacher, the teacher is always correct.

ATTACK

- a) Begin with right-leg back, left low-section block
- b) Step forward with right leg to walking-stance .right punch .mouth level
- c) Step forward with left leg to walking-stance .left punch .mouth level
- d) Step forward with right leg to walking-stance .right punch .mouth level

DEFENCE

1 Back-fist

- a) Begin in ready stance
- b) Left leg back to L-stance, right outer block
- c) Right-leg back to L-stance, left outer block
- d) Left-leg back to L-stance, right outer block, back-fist to face

2 Elbow Strike

- a) Begin In ready stance
- b) Left leg back to L-stance, right outer block
- c) Right-leg back to L-stance, left outer block
- d) Left-leg back to L-stance, right outer block, slide right-foot-forward, rotating hip counter-clockwise, right-elbow strike to solar plexus

3 Double Knife-hand Strike

- a) Begin in ready stance
- b) Right leg back to L-stance, left knife-hand guarding block
- c) Left leg back to L-stance, right knife-hand guarding block
- d) Right leg steps to left leg, with right leg, step outside punch (45 degrees) and move forward into a right walking stance, applying Knife-hand strike to opponent's right side kidney, then... pull back strike to apply second right knife-hand strike to opponent's temple, bring left leg forward to meet right leg.

4. Double Kidney Punch.

- a) Begin in ready stance
- b) Right leg back to L-stance, left palm block
- c) Left-leg back to L-stance, right palm block
- d) Right leg steps behind left leg, with left leg, step outside punch and apply left hand stiff-arm palm-block to opponent's right elbow, from 45 degree sitting-stance, apply double left-right punch to opponent's right kidney

5. Side-kick

- a) Begin in ready stance
- b) Right leg back to L-stance, left palm block
- c) Left-leg back to L-stance, right palm block
- d) Slide back to left fighting stance (right leg back) and apply right side-kick to opponent's chest

6. Upset Punch

- a) Begin in ready stance
- b) Right leg back to L-stance, left inner block
- c) Left-leg back to L-stance, right inner block
- d) Slide right leg back to left and then forward to 45 degree sitting stance, applying left knife-hand guarding block while simultaneously applying right punch to opponent's face, then... pivot hips and feet into right walking stance, apply left upset punch to opponent's solar plexus

7. Double Elbow Strike.

- a) Begin in ready stance
- b) Right leg back to walking-stance, left inside-hooking block.
- c) Left leg back to walking-stance, right inside-hooking block
- d) Slide right leg back to left and then forward to reverse-L stance, applying left knife-hand guarding block while simultaneously applying right elbow-strike to opponent's jaw, then... apply right elbow-strike to opponent's chest (left L-stance.)

8. Elbow Strike, Reverse Elbow Strike.

- a) Begin in ready stance
- b) Right leg back to walking stance, left high-section block
- c) Left-leg back to walking stance, right high-section block
- d) Bring right leg to left leg, duck under punch, moving right leg outside opponent's right leg into a walking stance, apply right elbow-strike to opponent's chest, then... turn hips counter-clockwise -reversing stance and apply left elbow-strike to opponent's chest.

9. Front-snap kick / Punch.

- a) Begin in ready stance
- b) Right leg back to L-stance, left palm block
- c) Left-leg back to L-stance, right palm block
- d) Slide back to left fighting stance (right leg back) and apply front snap-kick to opponent's mid-section, land balanced and apply right punch to opponent's face while simultaneously left knife hand block to opponent's outstretched right

Appendix B

TWO-STEP SPARRING TECHNIQUES

The 2-step sparring technique involves one attacker and one defender.

Note to students:

The following list of techniques and descriptions are designed to assist the student in recalling instruction gained in class. Students are NOT permitted to practice techniques that are above their belt level. Should the student discover a discrepancy between what is written in this manual and that instructed by your teacher, the teacher is always correct.

1. Punch / Front-Snap

Attack:

Right leg back .fighting stance / Step forward with right punch / Left front snap kick.

Defense:

Ready stance / Right leg back into walking stance .left outer-forearm block / low X block .twin punch to face.

2. Punch / Side-Kick.

Attack:

Right leg back .fighting stance/Step forward with right punch / Left side-kick.

Defense:

Ready stance / Right leg back to L-stance .left palm-block / Bring left leg to right leg .apply left lower knife guarding block brushing away side kick/step in with left leg and apply left knife-hand strike to opponent's neck.

3. Punch / Roundhouse Kick.

Attack:

Right leg back to fighting stance/step forward with right punch/Left roundhouse kick.

Defense:

Right leg back .left palm-block/with left leg first, slide forward on a **45** degree angle .applying a left punch while defending against the roundhouse with right knife-hand guarding block

4. Front Snap-kick / Punch.

Attack:

Right leg back .fighting stance/Step forward with right front snap-kick/right walking stance punch.

Defense:

Ready stance / Left leg back to walking stance .apply lower X block to attacker's kick / step forward and to the right on a **45** degree angle into a sitting stance .simultaneously apply left knife-hand guarding block and a right punch to face.

5. Side-kick / Back-kick.

Attack:

Right leg back to fighting stance/apply right side-kick to mid-section/set down and apply left back-kick.

Defense:

Left leg back to L-stance block down and to the right with right inverted palm block / maintain downward position of inverted palm block, step in with right leg and reverse hand position to brush off back kick / bring left leg to right and apply right knife-hand strike to opponent's neck.

6. Side-kick / Reverse Knife-hand Strike.

Attack:

Right leg back to fighting stance/apply side kick to mid-section! spin body counterclockwise and apply left knife hand strike to neck.

Defense:

Left leg back to L-stance block down and to the right with right inverted palm block . deflecting sidekick / Step forward and the left (**45** degrees) with left leg, settle into sitting stance while applying left knife hand guarding block and targeting opponent with a right punch to the ribs / grab opponent's outstretched arm with left hand and with left leg apply roundhouse to opponent's mid-section or chest.

Appendix C

ONE-STEP SPARRING TECHNIQUES

The 1-step sparring technique involves one attacker and one defender. The attacker's moves are consistent while the defense maneuvers vary.

Note to students:

The following list of techniques and descriptions are designed to assist the student in recalling instruction gained in class. Students are NOT permitted to practice techniques that are above their belt level. Should the student discover a discrepancy between that written in this manual and that instructed by your teacher, the teacher is always correct.

ATTACK

- a) Begin in ready stance
- b) Step forward with right leg to walking-stance right punch

DEFENCE HAND TECHNIQUES

1. Back-fist.

From ready stance apply right outer-forearm block followed with right back-fist to face

2. Elbow Strike.

From ready stance apply right outer-forearm block followed with right elbow strike to body

3. Elbow Strike / Back-fist.

From ready stance apply right outer-forearm block followed with right elbow strike to body and then a right back-fist to face

4. Double Kidney Punch.

From ready stance apply left palm-block followed by double punch to opponent's right kidney.

5. Double Punch with Ridge-Hand Strike

From ready stance apply left palm-block followed by double punch to opponent's kidney section, followed by right ridge-hand strike to face

6. Knife Hand Strike / Reverse Knife Hand Strike.

From ready stance apply simultaneous left knife-hand guarding block and right knife-hand strike to opponent's neck, followed by grabbing opponent's outstretched arm with left hand, pulling forward and applying right reverse knife-hand strike to neck

7. Upset Punch.

From ready stance apply left knife-hand guarding block and right punch to face. followed by left upset punch to the body.

8. Elbow / Reverse Elbow.

From ready stance apply left knife-hand guarding block and right elbow to the jaw of your opponent, follow by grabbing opponent's outstretched arm with left hand, rotate hips and apply right reverse elbow-strike to opponent's body.

9. Double Knife-hand Strike

From ready stance perform a cross-lunge to your opponent's right flank with your right leg, apply right knife-hand strike to ribs, pull left leg to right leg and apply second right knife hand strike to opponent's neck.

10. Elbow/Reverse Elbow -Alternate.

From ready stance perform a cross-lunge to your opponent's right flank with your right leg, apply right elbow-strike to opponent's ribs, rotate hips and apply left reverse elbow-strike to opponent's body.

DEFENCE – LEG TECHNIQUES

1. Front-Snap Kick.

From ready stance apply right front-snap kick to opponent's mid-section.

2. Side Kick.

From ready stance apply right side kick to opponent's chest.

3. Roundhouse Kick.

From ready stance apply right roundhouse kick to opponent's chest or face.

4. Side-kick / Back-kick.

From ready stance apply right side-kick to opponent's chest, followed by left Back-kick to same area.

5. Inner-Crescent-kick / Side-kick.

From ready stance apply left inner crescent-kick to opponent's outstretched arm, follow with side-kick to ribs.

6. Outer Crescent-kick / Front-Snap kick.

From ready stance apply left outer crescent-kick to opponent's outstretched arm. follow with front-snap kick to opponent's mid-section.

7. Outer Crescent-kick / Roundhouse kick.

From ready stance apply left outer crescent-kick to opponent's outstretched arm, follow with right roundhouse to opponent's face.

8. Outer Crescent-kick / Roundhouse / Reverse Roundhouse Kick.

From ready stance apply left outer crescent-kick to opponent's outstretched arm, follow with right roundhouse to opponent's face, spinning clock-wise and applying left reverse-spinning roundhouse to opponent's head.

9. Outer Crescent-kick / Front-Snap / Roundhouse Kick.

From ready stance apply left outer crescent-kick to opponent's outstretched arm, follow with right front-snap kick to opponent's mid-section. followed by right roundhouse to head.

#10 Inner Crescent—kick / Side-kick / Hooking / Roundhouse Kick. From ready stance apply left inner crescent kick to opponent's outstretched arm, follow with right side-kick to mid-section, followed by a right hooking kick to the face and a roundhouse to the head.

DEFENCE – JUMPING TECHNIQUES

#1 Front-Snap Kick.

From ready stance apply right jumping front-snap kick to opponent's mid-section

#2 Jumping Side Kick.

From ready stance apply right jumping side-kick to opponent's chest

#3 Jumping Roundhouse Kick.

From ready stance apply right jumping roundhouse kick to opponent's chest or face.

#4 Side-kick / Jumping Back-kick.

From ready stance apply right side-kick to opponent's chest, followed by left jumping back-kick to same area.

#5 Inner Crescent-kick / Jumping Side-kick

From ready stance apply left inner crescent-kick to opponent's outstretched arm, follow with jumping side-kick to ribs.

#6 Jumping Roundhouse Kick / Right Knife-Hand Strike From ready stance apply jumping right roundhouse kick to opponent's chest, follow with right knife-hand strike to opponent's neck.

#7 Inner Crescent-kick / Jumping Hook Kick

From ready stance apply left inner crescent kick to opponent's outstretched arm, followed by a jumping right hook kick to the face

#8 Jumping LEFT Front-snap Kick.

From ready stance apply left jumping front-snap kick to opponent's mid-section.

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Appendix D

One Step Free Sparring

Red Belt:

Attack: Right punch – X – block – right punch

Defense: Left stationary ridge hand – right front snap kick – left knife hand block and right punch.

Attack: Side kick – back kick – turning knife hand strike

Defense: Right low knife hand block in L-stance – right arm blocks across body – right knife hand strike to head.

Black Stripe:

Attack: Right punch – lean – right side kick

Defense: Left augmented forearm block – right spear finger strike – crossover legs right knife hand strike – low section and high section knife hand strikes.

Appendix E

SELF DEFENCE

WRITE BELT

1. Attack: Double Grab from front.

Defense: Step back right leg. –double block knife hand to release grabbing hands. Double knife hand to neck. Hold shoulders, knee up to chest. Right forearm strike.

2. Attack: Double Grab of shoulders from behind.

Defense: Right kick to shin. Step back left leg trapping both arms. Right upset punch to body. Straight punch to head. Right leg takedown. Punch on ground.

YELLOW STRIPE

3. Attack: Cross wrist grab.

Defense: Step back right while executing a downward left knife hand to wrist. Right hand knife hand to neck. Step left Right elbow strike. Left knee to body. Right knife hand to back of neck.

4. Attack: Wrist grab (Same side –Assume your left hand grabbed).

Defense: Step left leg while executing a right hand upset punch. Left upward elbow strike to chin. Swing right leg through takedown.

ADVANCED YELLOW STRIPE

5. Attack: Bear hug over arms.

Defense: Stamp, Head butt –Drop down with elbow lift. Elbow strike each side to body. Step away, two back kicks left right.

6. Attack: Bear hug under arms.

Defense: Stamp. Elbow strike each side to head. Step to side and reach through legs and grab attackers ankle. Pull leg up, taking down the attacker. Stamp kick.

YELLOW BELT

7. Attack: Double wrist grab.

Defense: Knee to groin. Circular wrist release to left. Left punch to body. Right punch to body. Left punch to head. Left roundhouse kick to back of the leg. Right roundhouse to the body. Right axe kick over the head.

8. Attack: Single arm shoulder grab from behind. (Assuming your right shoulder is grabbed.)

Defense: Move left leg while lifting right arm and trapping arm. Left punch to body. Right palm strike to head. Left hook to head. Left hand grabs shoulder and right hand grabs wrist. Left leg sweeps. Left leg stomps to body

Green STRIPE

9. Attack: Double lapel grab.

Defense: Knee to groin. Double knife hand strike to body. X strike to arms. Outer forearm strike to move hands. Double palm strike to ears. Right elbow strike to head. Shoulder grab and take down face first. Jump over with side kick to head.

10. Attack: Wrist grab from *side*.

Defense: Side kick to knee and then ribs. Ridge hand strike to throat. Round house kick to back of leg. Other leg round house kick to body. Reverse downwards strike **to back of neck**.

GREEN BELT

11. Attack: Double wrist grab from behind.

Defense: Back kick to the knee. Spinning circular wrist release. (Assuming releasing left hand -spinning right.) Left punch to body. Right punch to head. Right round house to body. Right stomp kick to back of the knee. Knife hand strike to the back of the neck.

12. Attack: Shoulder grab from side with one hand.

Defense: Two punches to body. Right elbow to the head. Right knee to the groin. Right leg take down. Finish with kick to head.

BLUE STRIPE

13. Attack: Standing in front -One hand grab the other punching.

Defense: Block with one hand and reverse punch with the other hand. With blocking arm grab opponents arm and lock it. Palm strike to the nose. Double elbow strikes to the head. Takedown.

14. Attack: One handed choke hold from behind.

Defense: Pull down on fore arm to relieve pressure. Stomp to one foot. Double elbow to the ribs. (First Solar Plexus then Kidney.) Left downward knife hand strike to groin. Left back-fist to the nose. Takedown flip. (Grab arm around neck pull and twist to your left.) Finish with punch.

BLUE BELT

15. Attack: Double full nelson from behind.

Defense: Pull down elbows. Step back (leg behind opponent) with elbow. Follow through with arm takedown. Finish with kick.

16. Attack: Rushing forward from a distance and grabbing around the body.

Defense: Side step redirecting arms away. Y strike to the throat. Knee to body. Double elbow both sides to head. Step leg behind opponent with clothesline takedown.

RED STRIPE

17. Attack: Stationary double shoulder grab from front.

Defense: Duck under arms with upset punch to body. While moving, spin with the movement. Back kick to body, Hook kick to head with other leg.

18. Attack: Double hand push from the front.

Defense: One step to side palm cross block pushing the arms away. Reverse punch to body. Punch to body other hand. Punch to head. Knee to body. Elbow to back of neck.

RED BELT

19. Attack: Single hand push from front.

Defense: One step to side palm cross block pushing the arms away. Reverse punch to body. Punch to body other hand. Punch to head. Knee to body. Elbow to back of neck.

20. Attack: One hand hair grab from the front.

Defense: Kick to body. Move in and grab the chin and back of head, twist takedown. Finish with kick or punch.

BLACK STRIPE

21. Attack: hair grab from behind.

Defense: Both hands over the attackers hand and at the same turn and spin under then up into wrist lock. Let go and quickly punch to groin, punch to kidney, upward elbow strike.

22. Attack: Side head lock.

Defense: Step back leg behind opponents leg. Punch to groin. Clothesline with arm. Finish with kick.

Notes