



Culin Karate Center, Ltd. Black Belt Leadership Academy Student Notebook

Revised November 25, 2012
Joseph J. Culin , Chief Instructor
200 Buttercup Creek Blvd. #126
Cedar Park, Tx 78613
culinkarate@yahoo.com
www.JoinKarate.com

General Information

Student Rules

- Always wear a *clean*, neat uniform with the official Academy patches on it (an official workout shirt is okay during the summer months only).
- Do not wear jewelry in class.
- Students and Parents bow and say “Hello Mame, Hello Sir” when entering the Academy and bow and say “Goodbye Mame , Goodbye Sir” when leaving the Academy. This is to demonstrate proper discipline and courtesy towards all students, parents and Instructors.
- Students must pull their card prior to the class and present them on the floor when requested
- Students must line up by height on the floor. Taller students always line up in the rear lines.
- Please help keep the Academy clean and neat. Please pick up any wrappers and trash.
- Chewing gum and eating is not allowed in the Academy. **PLEASE DO NOT EAT IN THE STUDIO.**
- Make sure you do not eat immediately before class, and use the restroom before your class. You are expected to remain in class until it is completed.
- *No shoes are allowed on the mat!* Only students in FULL uniform are allowed on the mat.
- A proper warm-up is important for your safety, so if you arrive to class late, please stretch and warm up before joining a class in session.
- Please remember to show respect for other people’s class time. Be quiet and do not disrupt classes that are in session.
- At the start of class, stand still in the “At Ease” position and fix your eyes on the instructor. You can expect the instructor to give 100% while he teaches, and he expects you to give 100% while you learn.
- Respond to all adults and/or Black Belts as “Yes Sir” or “No Sir,” or “Yes Ma’am” or “No Ma’am.” Address all Black Belts by their last name (e.g., Mr. Culin, etc.).
- Refer to the following section, “Sparring Gear Requirements” for information on required protective wear. **NO OUTSIDE SPARRING GEAR IS ALLOWED! ALL GEAR MUST BE PURCHASED THROUGH THE ACADEMY. NO EXCEPTIONS.**
- Green Belts and higher should have foot gear, and mouthpiece on *before* class begins.
- After three warnings for unacceptable behavior, class credit is lost for that class. Students will be asked to sit out of class after the fourth warning and a parent conference is required before the student is allowed back into classes.
- Equipment stored in Dojang, during classtime, must be placed in a cubbyhole or on a shelf. Do not leave anything in any of the isleways, in front of air conditioner vents, or any exit doors. ***DO NOT LEAVE EQUIPMENT IN THE ACADEMY OVERNITE!***
- Be sure to label all of your equipment with your full name so it will be easier to find out who it belongs to in the event that it is lost.
- Children must wait *inside* the building until their parents pick them up. PARENTS MUST PICK UP CHILDREN NO LATER THAN 15 MINUTES AFTER THEIR CLASS ENDS.
- There may be days when classes are not held; please check the schedule. There will be no make-ups for days closed including holidays.



Membership Policies

Holidays & Closures

Culin Karate Center Ltd. is closed in honor of the holidays listed below. In addition, classes may be closed on Saturday if the holiday falls near the weekend. We do not close for spring break or mid winter break, however, we run a limited class schedule. Pick up the schedule at the Academy. During inclement weather, Culin Karate Center Ltd will follow the Leander Independent School District closures. Please check the Culin Karate Center Ltd website for announcements. Tuition is not subject to adjustment for closures.

January: New Year's Day

May: Memorial Day

July: Independence Day

September: Labor Day

October: Halloween

November: Thanksgiving

December: Holiday Break

(Closed the week between Christmas & New Year's Day)

Required Safety Equipment

Culin Karate Center Ltd. has gone to great lengths to make it one of the safest facilities in the nation. All students purchase their gear package either at entering the Leadership Program, or at Green Belt; whichever comes first. A full set of sparring gear must be brought with you to class in order to participate. If you lose a piece to your set, you must replace it immediately. **ALL GEAR MUST BE PURCHASED THROUGH OUR ACADEMY; THERE ARE NO EXCEPTIONS.**

Uniforms & Other Gear

Middleweight uniforms are provided as part of the Introductory Special. **All uniform patches should be placed on the uniforms prior to their first full belt exam.**

Tuition & Renewal Policies

Please refer to your signed copy of the Contractual Agreement provided at enrollment for your specific program term, tuition rate, renewal date, and method of payment. The following are general policies:

Tuition Policy:

- Standard no refund policy
- There are no pro-rations of tuition for missed classes
- Payment is due for your program term regardless of attendance (refer to [Freeze Policy](#) for missed classes)

Schedule Changes

After each test period (6 times a year), the class schedule may be adjusted to accommodate new belt promotions. Students may need to move from their present class time to a higher belt level class. There is no guarantee you will receive your class preference, however, our goal is to offer a convenient selection of color belt choices on the schedule. Students must all sign up for their class preference after belt award week. (please contact the office for class preference. Students (and parents) must understand that when a student's belt color changes as they advance to black belt, they may need to change classes.

Make Up Class Policy

Youth and Adult students who train twice a week are provided a bonus class on Saturday that can be used as a 3rd training class each week - or used to make up missed classes. On occasion, if you **MUST** attend a make up during the week, it is required that you call the office to schedule the make up class. Make ups may only be conducted in non-full classes. Students are not allowed to drop in and attend classes to which they are not assigned without prior approval. Maintaining appropriate class size and student teacher ratio is important to us. Please assist us by not attending other student's classes.

Guest Passes

Students are always welcome to invite their friends to class. Ask for a VIP card from the front desk. This will entitle your friend to a free month of classes! Basic members may try Leadership class (Weapons, Kickboxing, Hapkido, Musical Kata,, etc.) simply by calling the Program Director. There is no charge for the class pass.



Freezing Your Membership

If your schedule requires that you take time off from your karate class before the completion of your program, you must notify the Program Director by submitting a "Freeze Notice" in advance of the month you are to be away. Payment of the absent month(s) will be made as usual. However, a full credit for the "frozen" month will be applied to the end of the program term.

Terms & Conditions to Freeze:

- A full calendar month is required to freeze (not partial months) - 1st to the 30th.
- A maximum of 1 month may be frozen under a six month program and 2 months for other programs.
- Students that take time off beyond 1 or 2 months will not receive credit for missed time.
- Credit will only be applied if the Freeze Notice form is provided before the freeze month.

Culin Karate Center Ltd. also offers a Summer Freeze program that allows partial months to be frozen in June, July & August. Please see policy details for summer freezing. Partial freezing is only permitted in the summer.

PayCentric Billing

WHAT IS "PayCentric"??

PayCentric is the funding company that is hired to service all student accounts. Instructor and staff at the Academy are not authorized to address any billing concerns with students. Any questions or concerns regarding your billing account must be made directly to PayCentric. They may be reached at (800) 417-0434

Student Uniforms

All taekwondo students are required to purchase and wear uniforms. A Culin Karate Center T-shirt may be worn instead of a uniform (top) during specified summer months. When a student enters the Leadership Program, he/she may wear a black uniform.

Culin Karate Center recognizes four uniform patches. The following shows the correct location for applying each patch to the uniform.

CORRECT LOCATION OF PATCHES ON UNIFORM

Culin Karate Black Belt Leadership Academy patch Left chest

Punch Patch Left chest

United States Flag Right shoulder

Korean Flag Left shoulder (RED IS UP)

Culin Karate Patch

Students may earn the School Patch by performing the following:

- recruiting a new Academy student

Sparring Gear Requirements

Protective equipment must be worn during class and for testing of Green Belts or higher belts.

All of the equipment is *required* for sparring in order to minimize the risk of injury to all students involved in either class or test settings. Please wear protective cup to ALL classes!

**All equipment and uniforms must be purchased through the Academy!
No exceptions.**

Korean Terms

TERM MEANING ACTION

Charyo Attention

Stand up straight without moving! Heels and toes should be together with arms at your side while looking straight ahead.

Show At Ease

Both hands should be behind your back and interlocked. Relax with feet in ready stance position by moving only your left foot.

Kyungye Salute Bend 45 degrees at the hip while keeping eyes straight ahead.

Chunbi Ready Stance at the beginning of training.

Goman Ready Stance at the end of training.

Shejak Begin Command to start.

Duiro Dora About Face Turn 180 degrees.

Student Notebook Chapter 2: Belt Testing Rules and Fees *Belt Levels and Minimum Time Requirements for Testing*

Belt Graduation Rules and Fees

Certification by Culin Karate Black Belt Leadership Academy consists of one Chief Examiner holding the rank of at least a 3rd Degree Black Belt. Other Black Belts may assist in the testing process.

Students may not, at any time, teach or instruct any technique or method of the Culin Karate Center program without the written consent of the Culin Karate Center

The Chief Examiner may elect to stop a student's testing if at any time the following occurs: 1) the student's health is in jeopardy; 2) the student does not follow instructions of the testing board; 3) the student either intentionally or consistently uses excessive contact; 4) the student uses dangerous (illegal) techniques; and/or 5) the student (or his/her parents or friends) shows a lack of courtesy or demonstrates poor sportsmanship.

Progress Checks and Final Exams (Stripe Tests)

Progress checks are given according to the following schedule:

WHITE thru Blue BELTS

Stripe Review performed at the mid-point of formal exams. Students must demonstrate proper knowledge and proper performance of required skills.

BLACK BELTS: testing every 4 months for mid-term review of new material. Each review counts as 40 points towards the required 240 points for 2nd degree Black Belt, and 360 points (9 mid terms) for 3rd degree Black Belt.

Note: All students should be prepared to perform ***previously-learned*** requirement at any progress check.

Final Exams are given only once every two months (make up exams may be requested. See Mr. Culin). Belts are awarded upon payment of the Graduation fee.

Check the schedule for the dates and times.

Graduation Fees

All students must register before the cut-off date, which is posted in the academy in order to test. Payment for an exam must be made when Intent to Promote form is handed in. There is no additional charge for testing again if the student does not pass the Exam.(exception: Black Belt testing)

\$40 for all Color Belts

\$60 for all Black Belt Mid-Term Exams

\$275 1st Degree Black Belt

\$150 2nd Degree Black Belt

\$125 3rd Degree Black Belt

Half price for family members after 2. (not including Black Belt Tests)

NOTE: TEST FEES SUBJECT TO CHANGE. ASK ABOUT SAVINGS FOR PRE-PAID TESTING!!!!

Belt Levels and Minimum Time Requirements for Testing

Time requirements are variable because they are based on performance, service to the Academy, and community and personal qualities (effort, attitude, discipline, and skill).

Color Minimum Waiting Time for Next Belt Test

White Acceptance into the Culin Karate Black Belt Leadership Academy

Master White Belt -2- 4 months (APPROX 15 CLASSES and OK from Chief Instructor) **Children Only**

Gold – 2- 4 months (APPROX 15 CLASSES and OK from Chief Instructor)

Master Gold Belt -2- 4 months (APPROX 15 CLASSES and OK from Chief Instructor) **Children Only**

Orange 2- 4 months (APPROX 15 CLASSES and OK from Chief Instructor)

Master Orange Belt -2- 4 months (APPROX 15 CLASSES and OK from Chief Instructor) **Children Only**

Green 2- 4 months (APPROX 15 CLASSES and OK from Chief Instructor)

Purple 2- 4 months (APPROX 15 CLASSES and OK from Chief Instructor)

Blue 2-4 months (APPROX 15 CLASSES and OK from Chief Instructor)

Red 2 months (APPROX 15CLASSES and OK from Chief Instructor)

Red Master Level 1 2 months (APPROX 15CLASSES and OK from Chief Instructor)

Red Master Level 2 2 months (APPROX 15CLASSES and OK from Chief Instructor)

2nd Brown 2 months (APPROX 15CLASSES and OK from Chief Instructor)

2nd Brown Master Level 1 2 months (APPROX 15CLASSES and OK from Chief Instructor)

2nd Brown Master Level 2 2 months (APPROX 15CLASSES and OK from Chief Instructor)

1st Brown 2 months (APPROX 15CLASSES and OK from Chief Instructor)

1st Brown Master Level 1 2 months (APPROX 15CLASSES and OK from Chief Instructor)

1st Brown Master Level 2 2 months (APPROX 15CLASSES and OK from Chief Instructor)

1st Degree Black

2nd Degree Black – MIN 24 mo's and 6 mid term exams (40 points each – must total 240 points)

3rd Degree Black – MIN 36 mo's and 9 mid term exams (40 points each – must total 360 points)
4th Black – MIN 48 mo's and 12 mid term exams (40 points each – must total 480 points)

MEMORIZE THE STUDENT CREED:

**“TO BUILD TRUE CONFIDENCE THROUGH
KNOWLEDGE IN THE MIND,
HONESTY IN THE HEART, AND STRENGTH IN THE
BODY.
TO KEEP FRIENDSHIP WITH ONE ANOTHER, AND TO
BUILD A STRONG AND
HAPPY COMMUNITY.
NEVER FIGHT TO ACHIEVE SELFISH ENDS;
BUT TO DEVELOP
MIGHT FOR RIGHT”**

JHOON RHEE

Minimum Belt Requirements

BEGINNER LEVEL:

WHITE/GOLD/ORANGE
(MIN 2-4 MONTHS EACH BELT LEVEL)

BEGINNER LEVEL BASICS

STRIKE SET

INSTRUCTOR: "STRIKE SET"

STUDENTS "STRIKE SET SIR"

HORSE STANCE AND FROM ANY STANCE

NOTE: RIGHT HAND FIRST

- 1) VERTICAL / VERTICAL
- 2) REVERSE / REVERSE
- 3) INVERTED / INVERTED
- 4) HAMMER / HAMMER
- 5) LOW HAMMER / LOW HAMMER
- 6) BACKFIST / BACKFIST
- 7) PALM HEEL / PALM HEEL
- 8) KNIFE HAND (SHUTO) CHOP / KNIFE HAND (SHUTO)
- 9) ATTN / COURTESY BOW
- 10) "STRIKE SET COMPLETE" STUDENTS "STRIKE SET COMPLETE SIR"

KICK SET

INSTRUCTOR: “KICK SET”

STUDENTS “KICK SET SIR”

FROM NETURAL STANCE

NOTE: RIGHT FOOT FIRST

- 11) FRONT SNAP/ FRONT SNAP
- 12) FRONT POWER / FRONT POWER
- 13) BACK KICK / BACK KICK
- 14) RIGHT LEAD FIGHTING STANCE – RT SLIDEUP ROUND / SWITCH LEGS
- 15) LEFT SLIDEUP ROUNDKICK
- 16) RIGHT LEAD FIGHTING STANCE – RT SLIDEUP SIDEKICK / SWITCH LEGS
- 17) LEFT SLIDEUP SIDEKICK
- 18) NETURAL STANCE – RIGHT JUMP FRONT KICK
- 19) ATTN / COURTESY BOW
- 20) “KICK SET COMPLETE” STUDENTS “KICK SET COMPLETE SIR”

STANCE SET:

WE WANT TO LAND FAST, LOOK SHARP, NICE AND LOW AND SHOW YOUR STRENGTH.

STANCE SET – “STANCE SET SIR”

- 1) **HORSE STANCE** – STEP TO SIDE – HANDS IN FISTS AT SIDES
- 2) **RIGHT HORSE STANCE** – FEET TOGETHER/CROSS HANDS – STEP INTO RIGHT LEAD HORSE STANCE WITH HANDS UP.
- 3) **LEFT HORSE STANCE** - - FEET TOGETHER/CROSS HANDS – STEP INTO LEFT LEAD HORSE STANCE WITH HANDS UP.
- 4) **RIGHT FRONT STANCE** – FRONT KNEE BENT/BACK LEG STRAIGHT
- 5) **LEFT FRONT STANCE** - FRONT KNEE BENT/BACK LEG STRAIGHT
- 6) **RIGHT BACKSTANCE** – CROSS HANDS/STEP BACK/CHOP
- 7) **LEFT BACKSTANCE** - CROSS HANDS/STEP BACK/CHOP
- 8) **RIGHT NATURAL STANCE** – STRONG LEG BACK
- 9) **LEFT NATURAL STANCE** – STRONG LEG BACK (HANDS UP)
- 10) **RIGHT GROUND STANCE** – HAND UP, LEG READY TO STRIKE

- 11) **LEFT GROUND STANCE** – HAND UP, LEG READY TO STRIKE
- 12) **STAND UP ATTN STANCE** “STANCE SET COMPLETE” “STANCE SET COMPLETE SIR.” BOW/REST

BLOCK SET

INSTRUCTOR: “BLOCK SET”

STUDENTS “BLOCK SET SIR”

HORSE STANCE

NOTE: RIGHT HAND FIRST

- 1) SWEEPING / SWEEPING
- 2) PUSH / PUSH
- 3) INSIDE / INSIDE
- 4) COVER / COVER
- 5) DOWNBLOCK / DOWNBLOCK
- 6) DOWNPUSH / DOWNPUSH
- 7) UPBLOCK / UPBLOCK
- 8) FEET TOGETHER / DOUBLE RISING
- 9) ATTN / COURTESY BOW
- 10) “BLOCK SET COMPLETE” STUDENTS “BLOCK SET COMPLETE SIR”

SPARRING SET

- 1) SLIDE UP/ROUND KICK/BACKFIST/REVERSE PUNCH
- 2) SLIDEUP/SIDEKICK/UPBLOCK/INVERTED PUNCH

Kickbox Combo's

- 1) 2 Front Punches and one Back Punch**
- 2) Duck, left Hook, Back punch**
- 3) 2 Knees**
- 4) 2 Elbows**
- 5) 2 Back Leg Round kicks (alternate legs)**

Learning Positions (fast/strong/respect)

- 1st. **"EYES ON WHO? EYES ON YOU SIR"**
- 2ND. **"READY STANCE": STEP OUT AND SAY "READY SIR"**
- 3RD. **"ATTENTION" CLAP TWICE AND KIAP**
- 4TH. **"TAKE A KNEE" CLAP TWICE, BOTH HANDS ON KNEE**
- 5TH. **"HAVE A SEAT" CLAP TWICE, SIT W/READY SIR**
- 6TH. **FOCUS FORM (FOCUS MY EYES, FOCUS MY MIND, FOCUS MY BODY SIR") PLUS BLACK BELT FOCUS : "BLACK" (SPEAR HANDS OVER HEAD) "BELT" (HANDS OUT BY SIDES) "FOCUS" ATTN STANCE.**

KAM-SAH (Appreciation)

1. One, Sir!: Cross hands, right closest to heart—feet are together.
2. Two, Sir!: Look left, fold arms for left chop block.
3. Three, Sir!: Step out to left with the left foot, left chop block.
4. Four, Sir!: Right back punch.
5. Five, Sir!: Left foot to right, look right, fold for right chop block.
6. Six, Sir!: Right foot step to right, right chop block.
7. Seven, Sir!: Left back punch.
8. Eight, Sir!: Slide right foot to left, cross arms with right closest to the heart.
9. Nine, Sir!: Attention stance.
10. Thank you, Sir!: Salute.

Self Defense

- 1) WRIST GRABS (LEFT, RIGHT, BOTH)
- 2) CROSS WRIST GRAB (SNAPKICK/DOWN BLOCK/PUNCH-PUNCH/POWER KICK)
- 3) LAPEL GRAB (VITAL SPOTS) NOSE, NECK, EYES, EARS
- 4) FRONT ATTACK (PUSH/PUSH/PALM/POWER KICK)
- 5) Front Choke (Arms straight out, pop and hold, kick w/yell)
- 6) SIDE CHOKE (POP HAND AND HOLD; DOWNSTAIRS/UPSTAIRS)

Rhythm Sparring

6 count

4 count

2 count

COUNT KICKS_ Practice 10 times per day, each side, three days per week

3-count FRONT kick

1. Knee up into Front Kick chamber position
2. Kick out and back (explosive)
3. Foot down

4-count SIDE kick

1. Knee up into SIDE Kick chamber position
2. Kick out and hold (explosive)
3. Rechamber back to Side Kick Chamber position
4. Foot down

3-count ROUND kick

1. Knee up into Round Kick chamber position
2. Kick out and back (explosive)
3. Foot down

Minimum Belt Requirements

INTERMEDIATE LEVEL:

GREEN/PURPLE/BLUE
(MIN 2 MONTHS EACH BELT
LEVEL (ADULTS),
2-4 MONTHS (CHILDREN)

INTERMEDIATE LEVEL BASICS

- 1) ALL WHITE/GOLD/ORANGE MATERIAL
- 2) Hook Kicks
- 3) Tornado Kick

INTERMEDIATE COMBINATIONS

- 1) 2 Front Punches and one Back Punch
- 2) Duck(to left), left Hook, Back punch
- 3) 2 Knees
- 4) 2 Elbows
- 5) 2 Back Leg Round kicks (alternate legs)
- 6) Duck (to right), right uppercut, left hook, back punch
- 7) 2 Knees
- 8) 2 Elbows
- 9) 2 Roundkicks

FORMS(kata)

JUNG-YEE (Justice)

JOONBEE: Open hands X-block with stand up position.

1. West left chop down block(YELL) with left back stance. Right back punch.
2. East right chop down block with right back stance.. Left back punch.
3. North left chop block with left back stance. Right back punch. Left chop block.
4. Right step high inward chop. 180-degree counter-clockwise turn and left step chop block with left back stance. Right back punch.(YELL)
5. Right step, right chop block with right back stance. Left back punch. Right chop block with right back stance.
6. East 270-degree counter-clockwise turn and left chop down block with left back stance. Right back punch.
7. West right chop down block with right back stance. Left back punch.
8. South left chop block with left back stance. Right back punch. Left chop block.
9. Right step low, right front stance with fist X-block down. Open hand X-block up (elbows straight). Twist(clear) and right, left, and right punches.
10. Right back step low left front stance with fist X-block down. Open hand X-block up (elbows straight). Twist (clear) right grab, and left, right left punches.
11. Bring right to the left foot and stand up right. Left front kick. Right round kick and right tornado kick. Right elbow strike to left palm with horse stance (YELL).
12. Right back stance low Right down chop, Left back punch
13. West left chop down block with left back stance. Right back punch.
14. East right chop down block with right back stance.. Left back punch (YELL)

GOMAN

ATTN

SHOW

Self Defense

SELF DEFENSE

- 1) **GROUND CHOKE** (POP HANDS AND HOLD, CAPTURE LEG , TAKE OVER, 3 HITS AND UP)
- 2) **GROUND WRIST PIN** (ELBOWS IN, TURN HEAD AND SLAP. WRAP AND TAKE OVER)
- 3) **GROUND PUNCHING** (PROTECT FACE, BUMP OVER TO BASE OUT, WRAP AND TAKE OVER.)
- 4) **BEAR HUG FRONT ARMS CAPTURED** (2 HAND PALM SLAP TO GROIN TO CREATE SPACE, LEG BACK, KNEES UNTIL THEIR ARMS LOOSTEN. PULL ARM OUT AND ELBOWS. PUSH OFF)
- 5) **BEAR HUG FRONT ARMS NOT CAPTURED** (DROP WEIGHT W/EAR SMASH. THUMBS TO EYES. TAKE DOWN TO THEIR KNEE. HAMMERFIST/KNEE TO FACE/45DEGREE FACE PLANT TO GROUND)
- 6) **REAR BEAR HUG ARMS CAPTURED** (DROP WEIGHT, FOOTSTOMP/ELBOWS/HEADBUTT. PULL ARM OUT AND GO TO REAR ELBOWS TO HEAD. TURN TO POINT OF REFERENCE AND FOLLOWUP W/KNEES, ELBOWS, HEADBUTT, PUSHOFF.
- 7) **HEADLOCK CHOKING**: DROP WEIGHT AND POSITION BODY FOR HAMMER TO GROIN. GRAB HAIR/NOSE/EYE AND TAKE DOWN TO KNEE. HAMMERFIST/KNEE TO FACE/ 45DEGREE ANGLE FACE PLANT INTO GROUND
- 8) **HEADLOCK PUNCHING**: HAND UP TO PROTECT FACE/TUCK CHIN TO CHEST. REAR HAND STOPS PUNCHING ARM. SHOOT UP AND BEHIND. SECURE ARM BEHIND AND FOREARM TO NECK.
- 9) **REVERSE GUILLOTINE**: DROP WEIGHT AND STRAIGHTEN BACK AND HEAD FOR BALANCE. RELIEVE PRESSURE ON NECK. DOWNSTAIRS/UPSTAIRS ELBOW. TWIST OUT FOR KICK/PUNCH

Sparring

Point and Continuous

ADVANCED LEVEL:

RED/2ND BROWN/1ST BROWN
(MIN 2 MONTHS EACH BELT
LEVEL (ADULTS),
2-4 MONTHS (CHILDREN)

COUNT KICKS

All previous count kicks

ADVANCE COMBINATIONS

- 1) 2 Front Punches and one Back Punch**
- 2) Duck, left Hook, Back punch**
- 3) 2 Knees**
- 4) 2 Elbows**
- 5) 2 Back Leg Round kicks (alternate legs)**
- 6) Duck (to right), right uppercut, left hook, back punch**
- 7) Two Knees**
- 8) Two Elbows**

- 9) **Two Roundkicks**
- 10) **Right head block/front punch, left head block backpunch**
- 11) **2 Front Punches and one Back Punch**
- 12) **Head weave side to side**
- 13) **Inside crescent kick, left leg check**
- 14) **Reverse spinning back fist, left leg check**
- 15) **Back leg push kick**

SELF DEFENSE – KNIFE DEFENSES

- 1) Defense against #1 angle of attack: Grab arm +/- with Kick; point of reference; 3 knees
A) takedown and disarm B) step on foot and break
- 2) Defense against straight stab: turn and block 90degree w/arm; cup with face punch; transition to point of reference; 3 knees A) takedown and disarm B) step on foot and break
- 3) Defense against upward stab: grab and control hand; turn towards opponent; stab/slash/break elbow/ twist w/takedown

SELF DEFENSE – GUN DEFENSES

- 1. FRONT HEAD DEFENSE (HIGH): DOVE TAIL DOUBLE GRAB WHILE DROPPING WEIGHT. POINT BARREL TOWARDS OPPONENT; HIT AND PULL; CREATE SPACE
- 2. FRONT BODY DEFENSE (LOW): TURN BODY, GRAB WEAPON AND PUSH DOWN AND AGAINST BODY. 3 PUNCHES OVER THE TOP; HAND STAYS CLOSE TO BODY DOWN TOWARDS HAMMER. TWIST AND PULL
- 3. REAR DEFENSE (MID): TWIST W/HAND DOWN; CAPTURE WITH ARM W/ELBOW SMASH. DISARM AND PISTOL HIT WHILE CREATING SPACE

FORM/KATA'S

PYUNG-WA (Peace)

JOONBEE: Fist X-block with stand up position.

- 1. North Double side chops. YELL
- 2. Left step right high chop with left twist stance.
- 3. Right round kick
- 4. Step behind side kick and left back punch.
- 5. Right chop down as sliding back slightly with right back stance.
- 6. Northeast left to right foot and right step and right chop up with right front stance.
- 7. Right step back and left chop down with left back stance.
- 8. Northwest right to left foot and left step and left chop up with left front stance.
- 9. Left step back and right chop down with right back stance.
- 10. South right ridge hand with left front stance. YELL

11. Right round and tornado kick and right elbow to left palm with horse stance.
12. Double scissor blocks, Double out blocks, Double Down Blocks, Right punch with left hand resting on right elbow, Reinforced double punch
13. 180-degree clockwise turn stumping with left heel and high mountain block with horse stance.
14. Double scissor blocks, Double out blocks, Double Down Blocks, Right punch with left hand resting on right elbow, Reinforced double punch
15. Counter Clockwise 360-degree jump turn land with right chop block with right back stance.
16. Left step forward and left chop down with left back stance.
17. Slide right foot to left foot standing up right with right chop block.
18. Right hook, round, and side kick combinations, with left elbow strike to right palm with right front stance.
19. North right to left foot and left elbow push with slide with horse stance.
20. Left step back right chop block with right back stance with left backpunch. YELL GOMAN (END) Bring left foot to right to JOONBEE position.

MIGHT FOR RIGHT TO EXODUS

FREEDOM FORM—MIGHT FOR RIGHT

Stance: Feet together hands crossed in an X block. Chin level.

1. West left chop block—right back stance.
2. Right back punch.
3. East right chop block—left back stance.
4. Left back punch.
5. North left chop block—right back stance.
6. Right back punch.
7. Slide right foot to left foot, standing, look south and fold right hand on top of left shoulder, left arm across body. Slow right downward chop to eye level.
8. Right side kick, set down in a right back stance with left chop block.
9. North spinning chop ending with a right back punch (fast) and repeat (slow) from a right back stance.
10. Jump to a straddle stance with a “W” block, looking east.
11. South right rising chop block and left chop.
12. Left front kick.
13. Left back fist from a crossed leg stance.
14. Slide into a right back stance, left chop block.
15. Right back punch and pull hand back to a “W” block.
16. Right spinning chop with a right tornado kick. Set down in a straddle stance with a right elbow smash.
17. Right downward chop block from a left back stance.
18. Left back punch (fast) and then repeat (slow).
19. Jump into a straddle stance with a “W” block looking east.
20. North left rising block and right chop to neck.
21. Right front kick.
22. Right back fist.
23. South right foot back standing back stance with the left hand open and extending out slowly from below a crossed over right arm.

24. Back leg round/side kick.
 25. Look south as the open right hand is extended out to the right from a straddle stance.
 26. Slide left foot to right foot, look north arms crossed at face level.
 27. Looking north, break with your wrists at eye level and turning your lower arms at the last second.
 28. Turn 180 degrees to the left on the balls of your feet, crossing your legs and your arms a second time. Break a second time, still looking north.
 29. North right front stance, left hand groin grab right hand open block across the chest, just below the chin.
 30. Right upper block.
 31. Left straight punch.
 32. Left foot to right foot while bringing both hands into an overhead position, the space between your hands forming a triangle. Look through the triangle.
 33. Break with your right fist closed and your left hand open. As your hands reach belt level, bring them together, left over right.
 34. Step into a shallow left front stance, with the right leg slightly bent. Left hand starts in front and right hand starts in back, palms down. Slow press block, right moves forward, left backward (both hands turning palm up). Drop the stance quickly and press.
 35. Step forward into a right front stance with a low "X" block (fists), a high open hand "X" block and a right/left/right straight punch combination.
 36. Step backward into a left front stance with the same hand combinations as in #35.
 37. Slide right foot to left foot, left front kick.
 38. Right round kick.
 39. Right side kick.
 40. Left back punch (fast) and repeat (slow).
 41. South turn into a right back stance with a double hand block, open left hand low and open right hand high (slowly).
 42. Slide the right foot to the left foot and bring hands together into an overhead position. Break hands apart, both hands open. As hands reach shoulder height, pause, then clap them together.
 43. Repeat steps 34 through 41.
 44. Repeat steps 9 through 22.
 45. Bring feet together with hands forming a triangle overhead. Break closing the left hand and keeping the right hand open. Right covers left.
- GOMAN (END)

Requirements For Promotion to 2nd Degree Black Belt

1. Perform all count kicks.
2. Perform all combinations.
3. Perform all Forms **plus** Marriage of East to West musical form (“Beethoven’s Fifth Symphony”).
4. Perform self defense for holds, grabs, pins, ground, and weapon attacks.
5. Participate in Free Sparring

TIME

Min of 24 months

Time is the most important aspect of testing for degrees of Black Belt.

FORMS

Koryo

Beethoven’s 5th Symphony MARRIAGE OF EAST and WEST with music (“Beethoven’s Fifth Symphony”)

1. Cross forearms to V.
2. Right kicking step to right punch.
3. Right cross step to 180 degrees left turn, low chop block.
4. Back step high chop.
5. Left straight punch.
6. Front leg front kick.
7. Back leg round kick.
8. Right straight punch.
9. Step forward to a right, high chop block.
10. Step back to a left, high chop block.
11. Right straight punch.
12. Left jump front leg front kick.
13. High twin vertical punch.
14. Cross forearms to V.
15. 180-degree left turn to back stance with a left chop block.
16. Back chop with forward step.
17. 360-degree left turn to back stance, high left chop block..
18. Straight punch.
19. 180-degree right turn to back stance, high chop block..
20. Back chop with forward step.
21. 360-degree right turn to back stance, block, right chop block.
22. Straight punch.

23. Step forward straight punch.
24. Step back to back stance down left chop block.
25. Step to heel then right front temple chop.
26. Step back to back stance down left chop block.
27. Step to heel then left front temple chop.
28. Step back right down chop block.
29. Turn head slowly 180 degrees.
30. Back ridge hand.
31. Back round kick.
32. Tornado kick to right elbow smash.
33. Fifth block.
34. 360-degree jump turn to right high chop block.
35. Left hand back slap.
36. Back crescent kick to straddle stance and elbow smash.
37. High/low block.
38. Back press block (slow—left fist by chin).
39. Back press block (slow, right fist by chin).
40. Feet together, right step to 180 degrees left turn.
41. Right inside circle block (as turning, step and left down chop block forward).
42. Left inside circle block.
43. Step forward, left high chop block.
44. Right back punch.
45. Left high chop block.
46. Step back high chop block.
47. Step back high chop block.
48. Back round kick.
49. Back round kick.
50. Front high chop block.
51. Step forward, high chop block.
52. Back punch.
53. High chop block. High chop block.
54. 180-degree left turn to straight arm chop.
55. Double parallel punch to right.
56. Turn 180 degrees to straddle stance mountain block.
57. Fifth block.
58. Double parallel punch.
59. Step with left foot 180 degrees, right high chop with left rising chop block.
60. Back round kick.
61. Push elbow landing in right back stance at 180 degrees.
62. Push elbow.
63. Down chop block.
64. Left high chop with right rising chop block.
65. Back round kick.
66. Push elbow landing in right back stance at 180 degrees.
67. Chop block down.
68. Back round kick, step behind side kick.
69. Feet together, cross forearms to V.

ADVANCED KNIFE DEFENSES

KNIFE KATA1-8

NOTE: HOLD KNIFE IN A “HAMMER” POSITION FOR THIS DRILL.

- 1) DEFEND WITH THE BACK OF THE HAND. GRAB PAD OF HAND. STRIP THE “BUTT” OF THE KNIFE IF IT IS AVAILABLE. TWIST ARM CLOCKWISE WITH KNIFE ON THE THROAT.
- 2) DEFEND WITH #1, BUT WE DON’T HAVE THE BUTT TO WORK WITH. TURN KNIFE UP TO 12:00 POSITION AND PUT FOREARM ON BLADE AND STRIP FORWARD.
- 3) DEFEND WITH #2, BUT WE CAN’T STRIP FORWARD. GRAB BLADE WITH YOUR RIGHT HAND; BUT FLESH IS NOT ON THE BLADE. STRIP FORWARD.
- 4) DEFEND UP TO #3, BUT NOW WE DO A STRAIGHT FORWARD “THUMB STRIP”. KEEP THE PAD OF THE HAND TO BREAK UP GRIP. MY LEFT HAND “ROLLS” THEIR THUMB TO CAUSE PAIN. STRIP FORWARD WITH THE THUMB. WE CAN EJECT OR KEEP THE KNIFE.
- 5) DEFEND UP TO #4. NOW MY RIGHT HAND GOES “UNDER” THEIR WRIST (SO I DON’T LOSE THE PAD) AND I GRAB THE PAD WITH MY RIGHT HAND AS I TWIST THEIR WRIST CLOCKWISE. MY LEFT FOREARM NOW STRIPS FORWARD. (STRAIGHTEN THEIR ARM OUT WHEN STRIPPING.
- 6) DEFEND UP TO #5. GRAB HIS HAND AND PUSH STRAIGHT FORWARD IN TO THE BODY, OR STRIP THE KNIFE AWAY ON THE KIDNEY.
- 7) DEFEND UP TO #6. CONTINUE WITH A CLOCKWISE WRIST TWIST TO A WRIST BEND. (KEEP THEIR ARM LOCKED OUT)
- 8) DEFEND UP TO #7 AND NOW PUT YOUR HEAD ON THEIR ELBOW (TO PROTECT AGAINST A PUNCH) AND DISARM STRAIGHT AWAY.

2 ON1 DEFENSES

CIRCLE OF DISTRUCTION: DEFENDER IN THE MIDDLE. ALL FACING THE SAME WAY. DEFENDER CHOPS TO NECK OF ATTACKER ON THE RIGHT AND ALSO GOES HAMMERFIST TO THE GROIN. DEFENDER THEN GRABS HIS SHOULDERS AND SPINS AROUND WHILE THROWING ATTACKER #1 OUT. LEFT STEPPING SIDEKICK TO ATTACKER #2

2) **RICCOSHETT**: DEFENDER IN THE MIDDLE, FACING ATTACKERS. DEFENDER CHOPS TO RIGHT #2 ATTACKERS NECK STEPS AND BOUNCES OFF HIS FACE INTO A PALM-HEEL TO ATTACKER #1’S NOSE; BACK FIST/PALM HEEL TO ATTACKER #2 ; REVERSE SIDEKICK TO #1 AND A SPINNING BACKFIST ALSO TO ATTACKER #1.

PRESSURE POINTS

- 1) **BEHIND EAR** – THUMB TIP, IN AND UPWARDS (SUPPORT BACK OF HEAD)
- 2) **UNDER THE NOSE**
- 3) **SIDE OF NECK** – HITTING WITH FLAT OF FOREARM (KNIFEHAND WILL DO MUCH MORE DAMAGE BY PUTTING SMALLER STRIKING SURFACE) TAKES LEGS OUT
- 4) **STERNAL NOTCH** (SOFT SPOT) NOT STRIKING IT!! TOO MUCH DAMAGE! IN AND DOWNWARDS (THROAT PUSH)
- 5) **COLLAR BONE** – MORE SENSITIVE CLOSER TO CENTER OF BODY THAN FURTHER OUT. 2 OR 3 FINGERS IN AND DOWN
- 6) **FUMERIAL TRIANGLE** - INSIDE THE HIP SOCKETS. TAKE BOTH HANDS AND REACH DOWN INTO YOUR HIP SOCKETS AND FIND SENSITIVE SPOT. HIT STRAIGHT INTO THIS OF YOUR PARTNER. IF YOU HIT IT CORRECTLY YOU CAN IMMOBILIZE THE LEG.
- 7) **SIDES OF THE KNEECAP** – GO TO THE KNEECAP AND COME UP AN INCH, AND OVER AN INCH AT A 45 DEGREE ANGLE. JUST ABOVE THE KNEE. PINCHING WORKS, BUT HITTING DOES MUCH MORE. SAME GOES FOR THE OUTSIDE OF THE KNEECAP, BUT IT'S USUALLY NOT AS SENSITIVE AT THE INSIDE.

BLACK BELT COMBINATIONS

- 16) **Reverse 360 hook kick; back leg round kick. Reverse hook kick, backpunch**
- 17) **Jump backleg sidekick; reverse sidekick, backpunch**
- 18) **Front pressblock, backpunch, backleg axekick, reverse hookkicks, back ridgehand.**

For Promotion to 3rd Degree Black Belt

TIME

36 months

Time is the most important aspect of testing for degrees of Black Belt.

FORMS

DIAMOND KATA (TRADITIONAL)

Beauty of Mexico to Granada

For Promotion to 4th Degree Black Belt

TIME

48 months

Time is the most important aspect of testing for degrees of Black Belt.

FORMS

Unsu – competition version

Bassai

FAMILY MARTIAL ARTS!!

**ONE + ONE = THE ENTIRE
FAMILY!!!!!!**

**REMEMBER THAT
ALL OF OUR MEMBERSHIPS ARE
“FAMILY” MEMBERSHIPS
MEANING THAT
WHEN ANY TWO MEMBERS OF
YOUR FAMILY JOIN OUR
MARTIAL ARTS PROGRAM, THE**

**REST OF THE FAMILY IS
INCLUDED FOR NO EXTRA
MONTHLY CHARGE!!!**

SO MOM'S AND DADS; BROTHERS AND SISTERS; JOIN THE OTHER FAMILIES THAT YOU SEE ON THE FLOOR AND EARN YOUR BLACK BELTS TOGETHER!!!