

YELLOW BELT WITH BLACK TIP (2nd YELLOW)

Anticipated interval (2 classes /week) from last promotion: Minimum time: 3 months

SKILL SUMMARY:

Stances:

Strong Front and Back Stance (Fighting Stance)
Deep Horseback Stance

Blocks:

Center Knife Hand Block
Downward Knife Hand Block

Strikes:

Side Center Punch
Knife Hand Chop
Ridge Hand Strike

Kicks:

Lead Leg Double Round House
Slide Lead Leg Round
10 different three kick combinations

Forms:

Basic Form # 3 (Ki cho hyung sam bu)
Introduce concept of Shuhari Form

One-Step Sparring:

5 One Steps

1.

LEFT Inside-out block to the forearm (crooked pond), double handed ear strike (ear drum), pull head downward into RIGHT upward knee strike to the nose (white bone orifice).

2.

LEFT Inside-out block to forearm (crooked pond), RIGHT high punch to the nose (white bone orifice), LEFT ear strike (ear drum), RIGHT inverted knuckle strike to Adam's apple (thyroid cartilage).



CURRICULUM: RANK APPROPRIATE SKILL SUMMARY

Sparring:

Improved hand / foot combinations, distancing

Breaking:

Demonstration of two weapon breaks: hand and foot breaking

Self Defense:

Escape from the Choke (Front, Behind, Side, w/ Push)— CKM pp. 60-69

Choke from Front and Behind Against Wall - CKM pp. 124 and 125

Air and Blood Choke application (Front)

Application of Rear Naked Choke

Headlock from Behind (Arm Bar)- CKM pp. 128-129

Headlock from Behind (Carotid Choke)- CKM pp. 130-131

Philosophy

Required Community Service

5 hours