

BROWN BELT POCKET STUDY GUIDE

FIRST BLACK STRIPE:

Positive Self-Image:

- Winning Black Belts develop a self-image that sees growth, success and winning as the desired outcome. Winners learn that what you perceive as real will become your reality.

Endurance Requirement:

- 100 horse-stance punches in 30 seconds.

SECOND BLACK STRIPE:

One Step Sparring #13

1. Step back with left leg into back stance, middle soo do block (right hand).
2. Grab opponent's arm with right hand, right leg ball of the foot roundhouse kick (keep leg up), inside/outside kick.
3. Drop right leg to the left side, grab opponent's shoulder with left hand.
4. Sweep opponent (left leg), drop down, reverse punch (right hand). Ki Hap.

One Step Sparring #14

1. Step back with right leg into back stance, middle soo do block (left hand).
2. Grab opponent's arm with left hand, right leg ball of the foot roundhouse kick (keep leg up), inside/outside kick.
3. Drop left leg to the right side, grab opponent's shoulder with right hand.
4. Sweep opponent's (right leg), drop down, reverse punch (left hand). Ki Hap.

Cross body grab #1

1. Step forward with right leg into side stance, prepare for soo do chop (right hand)
2. Soo do chop to the jaw (right hand)
3. Palm strike to the chin (left hand)
4. Groin strike (right hand) Ki Hap

Cross Body Grab #2

1. Bend legs. Turn palm of right hand towards the ceiling, prepare with left hand across body
2. Step at 45 degree angle with right leg, soo do chop(left hand), soo do block behind head (right hand)
3. Palm strike to the chin (right hand)
4. Groin strike (left hand) Ki Hap

Cross Body Grab #3

1. Bend legs. Turn right wrist so finger are pointing towards the ceiling
2. Grab opponents hand with your left hand, step with right leg to side stance
3. Elbow strike to face (right hand)
4. Re grab opponent's hand with right hand. Turn body, elbow strike to body (left hand) Ki Hap

Cross Body Grab #4

1. Grab opponent's wrist with both hands
2. Step with left leg to side stance while bringing opponents arm above your head
3. Step with left leg to front stance, (facing towards front), while bringing opponent's arm down towards your midsection
4. Head butt to opponent's nose. Ki Hap

Same Side Grab #1

1. Step forward with left leg into side stance, prepare for overhead back fist (left hand)
2. Overhead back fist to nose (left hand)
3. Rock back to reverse front stance, hammer fist to groin (left hand)
4. Ridge hand to face (right hand) Ki Hap

Same Side Grab #2

1. Bend legs. Grab opponent's right hand with your left hand
2. Step with left leg, soo do chop to collar bone (right hand)
3. Reach over opponent's body, grab neck (right hand)
4. Pull opponent down while executing knee strike (right leg) (Ki Hap)

Same Side Grab #3

1. Grab opponent's wrist with both hands
2. Step with left leg to side stance while bringing opponents arm above your head
3. Step back with right leg to front stance (stepping backwards) while bringing opponent's arm down towards your midsection
4. Punch to the face (left hand) re grab with both hands and slide back, ball of foot roundhouse kick (right leg) Ki Hap.

Same Side Grab #4

1. Swing your left arm towards the ceiling, while opponent is holding on
2. Grab opponent's hand with both hands, step back to front stance while pulling their arm back (right leg)
3. Front kick to opponent's midsection (right leg)
4. Elbow strike to back of opponent's neck (right arm) Ki Hap

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THIRD BLACK STRIPE:

1. Open both hands at sides, turn right hand to fist, bring right fist into left hand in front of face, while raising left leg, push hands towards groin while placing feet together.
2. Twist body towards the left, jump forward landing in a cross legged stance (right leg), while performing an inside/outside block.
3. Turn towards the back, inside/outside block (left hand), reverse inside/outside block (right hand).
4. Turn towards the front, reverse outside/inside block (left hand) inside/outside block (right hand).
5. Lift right knee up, low block (right hand), turn to the right, outside/inside block (right hand), reverse inside/outside block (left hand).
6. Look towards the front, pull left leg back to a horse stance.
7. Soo do chop (left hand), middle punch (right hand), inside/outside block in a front stance (right hand).
8. Middle punch in a horse stance (left hand), inside/outside block in a front stance (left hand).
9. Step forward with left foot, then right foot, middle soo do block (right hand).
10. Step and middle soo do block (left hand).
11. Step and middle soo do block (right hand), step back, middle soo do block (left hand).
12. Slide right leg behind left, high two hand stick block.
13. Right leg side kick. Ki Hap.
14. Step back with right foot, middle soo do block (left hand).
15. Step and middle soo do block (right hand), pull right foot back to left double high block.
16. Step with right leg, double kidney strike, jump forward, three alternating middle punches, (start with right hand), Ki Hap on last punch.
17. Turn to the back, groin strike (right hand), slide left foot back to a stance, low block/side block behind the head.
18. Lift left leg and place next to right leg.
19. Outside/Inside kick (right leg), low block in a side stance (right hand), look to the back, open back hand strike (left hand).
20. Outside/Inside kick to open hand (right leg), elbow strike (right hand), groin strike (right hand).
21. Groin strike (left hand), groin strike (right hand), solar plex block in a front stance towards middle (right hand).
22. U-punch (left hand on top).
23. Pull right leg back to left, solar plex block (left hand), outside/inside kick (left leg), U-punch (right hand on top).
24. Pull left leg back to right, solar plex block (right hand), outside/inside kick (right leg), U-punch (left hand on top).
25. Turn backwards towards the left, high block with left hand, swing right hand across body in a sweeping motion, overhand back fist strike aiming towards the ground (right hand).
26. Turn to the right, high block with the right hand, swing left hand across body in a sweeping motion, overhand back fist strike aiming towards the ground (left hand).
27. Step forward with left foot, then right foot, middle soo do block (right hand).
28. Turn to the right, middle soo do block (right hand), step towards the front with right foot, then left, middle soo do block (left hand), Ki Hap.
29. Step left leg to right leg, open both hands at side, turn right hand to fist, bring right fist into left hand in front of face while raising left leg, push hands down towards groin while placing feet together.

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FOURTH BLACK STRIPE:

1. Look to the left, step into side stance (left leg), open hands straight out to the sides. Bring left hand in, open hand outside forward block while pressing right hand down towards groin into low open hand groin block.
2. Step with left leg and make parallel with right leg, slow left hand chop, step and middle punch (right hand)
3. Turn toward the right, low soo do block with palms facing towards ceiling, while on right heel
4. Step with right leg, and make parallel with left leg, slow right hand chop step and middle punch (left hand)
5. Look to the middle, step into side stance (left leg) open hands straight out to the sides. Bring left hand in, open hand outside forward block while pressing right hand down towards groin into low open hand groin block
6. Step and side block (right hand)
7. Step and middle soo do block (left hand). Step and side block (right hand) Ki Hap
8. Turn backwards toward the left, right hand grabs left. Lunge back on right leg and push hands towards the ground. Come back up to side stance while pulling hands to solar plex. Transition to front stance and push hands out toward the middle. Cross right hand over left, press both hands out with palms facing towards face.
9. Prepare with left hand on top, transition to back stance, left hand low soo do block/right hand soo do block behind head. Step and middle punch (right hand)
10. Turn towards the right, left hand grabs right. Lunge back on left leg and push hands towards the ground. Come back up to side stance while pulling hands to solar plex. Transition to front stance and push hands out toward the middle. Cross left hand over right, press both hands out with palms facing towards face.
11. Prepare with right hand on top, transition to back stance, right hand low soo do block/left hand soo do block behind head. Step and middle punch (left hand)
12. Turn towards the middle, low block/soo do block (left hand)
13. Step and middle punch/high block (right hand)
14. Step and middle punch/high block (left hand) Step and middle punch (right hand) Ki Hap
15. Extend open hands straight out towards the middle, palms down. Lunge down on left leg while pressing both hands towards ground. Come back up to side stance while pulling hand to side of belt. Transition to front stance and push hands out towards middle, finger facing towards ceiling
16. Turn backwards towards the left, middle twin fist block (left hand)
17. Extend open hands straight out towards the middle, palms down. Lunge down on right leg while pressing both hands towards ground. Come back up to side stance while pulling hand to side of belt. Transition to front stance and push hands out towards middle, finger facing towards ceiling
18. Turn towards the right, middle twin fist block (right hand)
19. Extend open hands straight out towards the middle, palms down. Lunge down on right leg while pressing both hands towards ground. Come back up to side stance while pulling hand to side of belt. Transition to front stance and push hands out towards middle, finger facing towards ceiling

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