

HIGH RED BELT POCKET STUDY GUIDE

FIRST BLACK STRIPE:

Positive Self-Confidence:

- Winning Black Belts have the ability to accomplish anything they want to achieve. Winners understand that a strong belief in themselves and hard work will result in achieving their goals.

Kicking Requirement:

- Line Drill - Roundhouse Kick/Spin Kick

SECOND BLACK STRIPE:

One Step Sparring #9

1. Step back with right leg into front stance. Ki Hap.
2. Back leg front kick, retract leg. Back side kick, land in front, middle soo do block.
3. Reverse high punch (left hand).
4. Swing left hand, moving opponents hand, right hand palm strike to jaw.

One Step Sparring #10

1. Step back with left leg into front stance. Ki Hap.
2. Back leg front kick, retract leg. Back side kick, land in front, middle soo do block.
3. Reverse high punch (right hand).
4. Swing right hand, moving opponents hand, left hand palm strike to jaw.

THIRD BLACK STRIPE:

1. Step to the left, side block (left hand), reverse short punch (right hand).
2. Pull right foot to left, solar plex block (left hand).
3. Step to the right, side block (right hand), reverse short punch (left hand).
4. Pull left foot to right, solar plex block (right hand).
5. Step down the middle, middle twin fist block (right hand).
6. Step and low twin fist block, high twin soo do block (left hand in front).
7. Pick up right leg, prepare for chop (left hand).
8. Chop (left hand), drop right leg down, middle punch (right hand). Ki Hap.

FOURTH BLACK STRIPE:

9. Turn to the back, outside inside kick (right leg), low block in a side stance (right hand).
10. Look to the back, open back hand strike (left hand).
11. Outside-Inside kick to open hand (right leg), elbow strike (right hand).
12. Step left foot behind right foot, middle twin fist block (right hand).
13. Turn to the back (back stance), high twin fist block behind the head (right hand).
14. Jump into low twin fist block, in a sinking cross-legged stance (right hand). Ki Hap.
15. Step with the right leg, middle twin fist block (right hand).
16. Turn to the back, groin strike (right hand).
17. Slide left foot back to a back stance, low block/side block behind the head.
18. Lift left leg and place next to right leg.
19. Turn left to cross legged stance, double side blocks to the side of the head.
20. Step with right leg, groin strike (left hand).
21. Slide left foot back to a back stance, low block/side block behind the head.

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