

LOW BROWN BELT POCKET STUDY GUIDE

FIRST BLACK STRIPE:

Positive Self-Direction:

- Winning Black Belts have clearly defined goals and purposes, which are always referred to on a daily basis. Winners understand that we always move in the direction of our currently dominant thoughts.

Endurance Requirement:

- 100 horse-stance punches in 40 seconds.

SECOND BLACK STRIPE:

One Step Sparring #11

1. Step back with left leg into front stance. Ki Hap.
2. Back Leg front kick, set leg back into back stance.
3. Front leg front kick, prepare for short wheel kick.
4. Short wheel kick (left leg), reverse punch (left hand). Ki Hap.

One Step Sparring #12

1. Step back with right leg into front stance. Ki Hap.
2. Back leg front kick, set back into back stance.
3. Front leg roundhouse kick, prepare for short wheel kick.
4. Short wheel kick (right leg), reverse punch (right hand). Ki Hap.

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.

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FOURTH BLACK STRIPE:

11. Turn to the back, groin strike (right hand), slide left foot back to a stance, low block/side block behind the head.
12. Lift left leg and place next to right leg.
13. Outside/Inside kick (right leg), low block in a side stance (right hand), look to the back, open back hand strike (left hand).
14. Outside/Inside kick to open hand (right leg), elbow strike (right hand), groin strike (right hand).
15. Groin strike (left hand), groin strike (right hand), solar plex block in a front stance towards middle (right hand).
16. U-punch (left hand on top).
17. Pull right leg back to left, solar plex block (left hand), outside/inside kick (left leg), U-punch (right hand on top).
18. Pull left leg back to right, solar plex block (right hand), outside/inside kick (right leg), U-punch (left hand on top).
19. 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).
20. 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).
21. Step forward with left foot, then right foot, middle soo do block (right hand).
22. 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.
23. 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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