



# Student Guide



**Dragon School**

**Student Guide**

## ***Dedication***

This Student Guide is respectfully dedicated to the founders of the Dragon School, Marian and Jack Erickson. Without their steadfast commitment to their students, and their selfless willingness to share their knowledge of the Martial Arts, none of this would have been possible.





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## **Introduction**

Welcome to the Dragon School of Tae Kwon Do. Masters Jack and Marian Erickson founded the Dragon School in June 1976. They retired in 1995 and handed the school over to Masters Alton Thibodeaux and Danny Davis.

This Student Guide is available on the school's website: [www.dragonschool.com](http://www.dragonschool.com). It is intended as a reference and not a replacement for attending class. Do not try a technique found in the Student Guide until you have been shown that technique during class.

## **What is Tae Kwon Do?**

### **Martial Arts**

All martial arts can be divided into two main categories: striking and grappling. The striking arts emphasize punching and kicking while the grappling arts rely on holds and throws. A particular style of martial art may incorporate techniques from both categories, but the majority of techniques used will fall into one category. Karate and Tae Kwon Do are examples of striking arts. Judo and Aikido are examples of grappling arts.

### **Tae Kwon Do**

Tae Kwon Do ("way of kicking and punching") is a Korean striking martial art. Tae Kwon Do is distinguished from other striking styles by the emphasis it puts on high kicks. High kicks and jumping kicks were developed to help a foot soldier attack an enemy on horseback. Legs are longer and stronger than arms – they allow for a powerful defense or attack from a greater distance.

### **Moo Duk Kwan**

The Dragon school teaches the Moo Duk Kwan style of Tae Kwon Do. In 1945, Hwang Kee founded Moo Duk Kwan ("the institute of martial virtue") in Korea. A number of different kwans ("schools") were founded in Korea after World War II. In 1955, the different schools were united under the name of Tae Kwon Do.

### **Traditional vs. Sport**

The Dragon school teaches traditional Tae Kwon Do instead of training specifically for tournament competition. Traditional training emphasizes self-defense and real-world application of the art. It also stresses responsibility and discipline.

## **History of Tae Kwon Do**

The history of martial arts in Korea begins around the 6<sup>th</sup> century with a group of warriors called the Hwarang Do. They studied fighting and self-defense techniques as well as following a code of conduct that stressed justice, loyalty and



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bravery. The martial arts remained solely a military venture until the 14<sup>th</sup> century when it developed into a recreational sport for the general public.

When the Japanese invaded Korea in 1909, they outlawed martial arts as well as most other facets of Korean culture. Many Koreans fled to other countries during the occupation and studied other systems of martial arts. The end of World War II in 1945 also ended the Japanese occupation of Korea. A number of new martial arts schools were founded. Most taught a blend of Korean techniques and styles from other countries including China and Japan. In 1955, many of the head teachers met to unite the different schools under one name. They agreed on Tae Kwon Do, suggested by Army General Choi Hong Hi.

Grandmaster Jhoon Rhee introduced Tae Kwon Do to America in 1956. At first he called it Korean Karate so that it would be more recognizable.

### **Why study Tae Kwon Do?**

Different people start taking Tae Kwon Do lessons for different reasons: self-defense, fitness, self-confidence or discipline. Tae Kwon Do can help with all of these things and more as long as you want to be in class and are willing to participate.

Tae Kwon Do enhances life mentally, physically and spiritually by creating a new awareness and perspective from which to function.

When Tae Kwon Do is done consistently, it is good physical and mental exercise. It develops flexibility, strength, stamina, balance, and coordination. It also develops self-confidence and discipline as well as enhancing memory and concentration.

Tae Kwon Do isn't just training your body to learn new techniques. It is also training your mind to have discipline, humility, and self-control. Learning calm determination can be useful as you encounter stressful situations in any part of your life.

### **What is the Student's Responsibility?**

A good training experience is a sure thing if you bring the following to class: a good attitude, patience, respect, and a willingness to learn.

Daily practice is recommended for any student to become skilled in Tae Kwon Do. Practicing only once or twice a week is not enough to become proficient. Keeping a daily practice log is beneficial and helps create good study skills as well.

Students should discuss with their family how to responsibly use Tae Kwon Do outside of class. Guidelines should be established for when it is acceptable to fight and when it is not. Banning all fighting is not necessarily a



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good idea since self-defense skills should be used when necessary. Most students gain sufficient self-confidence that fighting will be an exception.

### **Korean Terminology**

Because Tae Kwon Do is a Korean martial art, some Korean words are used in class.

<b>Korean</b>	<b>English</b>
Jung-Yul	Line Up
Joohn-Bee	Ready
Cha-Rhyut	Attention
Kiung-Yae	Bow
Shee-Uh	Rest
Ba-Ro	Back to Ready
Shee-Jak	Start
Gal-Yu	Break/Separate
Geu-Man	Stop
Gam Sa Ham Knee Dha	Thank You
Do-Jang	Training Room
Do-Bok	Uniform
Dee	Belt
Sa-Boo Neem	Instructor

Another word that is used in class and in this guide is KIA, which means spirit yell. A KIA is a loud yell that comes from the solar plexus. When you KIA while executing a technique, you are focusing your strength while decreasing the chance of losing your breath if you are struck in the solar plexus. Get used to using your voice as a weapon. It can deter an attacker, bring help, or maybe cause a sparring partner to hesitate. During warm-ups and class follow your instructor's directions on when to KIA. In general, when executing a series of techniques (blocks or attacks) you should KIA on the first new technique and just after a turn. The forms, mobility drills, and one-steps have defined techniques that include a KIA.

### **A-KATO**

The Dragon School is affiliated with A-KATO (American Karate and Tae Kwon Do Organization). A-KATO is an organization of traditional style schools that emphasize self-defense and the "art" in martial arts. Black Belt testing is conducted by the A-KATO organization. Information on A-KATO and a list of affiliated schools can be found on the A-KATO website: [www.a-kato.org](http://www.a-kato.org).



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### **Class Structure**

A Black Belt will call for everyone to line up (*Jung-Yul*) when class starts. Try to arrive a little early so you are not late for line up. Everyone in the room will line up **immediately** according to rank. Black belts line up facing the students. Everyone lines up in rest stance (see *Stances* section). Students line up right to left in descending rank. New students and students without uniforms are at the end.

The head student (student with the highest ranking belt below black belt) ensures that everyone lines up correctly and then calls for the class to come to ready stance (*Joohn-Bee*). The head student will then call for the class to come to attention (*Cha-Rhyut*). Once the class is at attention, the Black Belts will bow to the head instructor to show respect. Then the head student will tell the class to bow (*Kiung-Yae*). The class will bow to the Black Belts as they bow to the class to show mutual respect and willingness to teach and learn. The instructors vary in rank and ability, but they have all earned the right to respect by virtue of their training and skills.

Warm-ups are necessary in order to prepare the body for the hard work of learning new tasks. They will seem strange at first. If you choose to do these every day you will benefit greatly.

After warm-ups, the instructors will determine how to proceed with the class. Students may be divided into groups by rank, or size, or sometimes by how many instructors are available. Pay attention to the instructor's orders and go where you are told to go **quickly**, without going across any other group that is working out. We only have limited time in which to share many things so there is no time to dawdle. This rule applies when you take a water break or change areas. No one should leave the workout area without the permission of the instructor they are working with. If you feel ill or need to go to the restroom, let your instructor know. The instructors are responsible for the students during class time, so they **must** know where you are at all times.

If you have a question, please ask it before or after class unless your instructor has asked for questions. Asking questions is an important part of learning – please don't be shy to ask a question at the proper time.



At the end of class, the head instructor will call for everyone to stop what they are doing (*Geu Man*), bow to their instructors, and line up. The head instructor will lead the class through a breathing exercise to help everyone cool-down and get centered. The instructor will ask one of the students to lead the class in saying the Tae Kwon Do pledge:

**The Tae Kwon Do Pledge**

Knowledge in the Mind  
Honesty in the Heart and on the Lips  
Strength in the Body  
To Protect and Serve  
With Dignity and Honor  
This is Tae Kwon Do

We say this as a way of organizing our thoughts at the end of class and to remind ourselves of the basic philosophy behind Tae Kwon Do. Each student should be prepared to lead the class in saying the pledge. After the pledge we straighten up our uniform (always turn your back to the Black Belts when you do this) and our lines. The class will bow out in the same way that the class bowed in.

The class will end with the following exchange between the instructors and the students. It reinforces positive self-image. Positive thoughts backed up with positive action create a positive experience.

Head Instructor: DISMISSED	Students: MIGHT FOR RIGHT
Head Instructor: MIGHT FOR RIGHT	Students: ATTITUDE
Each Black Belt: WHO'S GREAT?	Students: I AM
Head Instructor: WHO'S GREAT?	Students: WE ALL ARE, DRAGON SCHOOL





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# ***Uniforms and Equipment***

### **Equipment**

- All students are required to wear mouth guards when sparring. Mouth guards are widely available at sporting goods stores, and are inexpensive. The types that form to your teeth after being immersed in hot water are highly recommended.
- Male students are required to wear protective groin cups.
- Students 10 and younger are required to wear additional safety equipment: headgear, foot pads, and gloves.

### **Uniforms**

A uniform is not required until you to test for the rank of Gold Belt. Once you purchase a uniform it should be worn to each class. If you are unable to wear your uniform to a class, you may attend class in other clothes rather than miss class, but you will line up at the back of class.

The point in wearing uniforms is to meld a diverse group into a single focus. Having everyone in the same uniform no matter what age or occupation produces an environment conducive to learning by reducing distractions. Wearing a uniform indicates that you are ready to focus on martial arts.

**Martial Arts activities are the only activities for which the uniform will be used.**

- Students will have traditional white uniforms. Black Belts may wear black uniforms, except to formal belt tests.
- Only Dragon School and A-KATO patches should be worn on your uniform. If you are attending classes at a different school, please talk to the head instructor.
  - The Dragon School patch is available from the instructors. It should be centered on your left side slightly below your collarbone. Faded patches should be replaced as soon as possible.
  - Once you have earned your Gold Belt, you will register to receive an A-KATO patch. This patch should be centered on your right side slightly below your collarbone.
- Uniforms should not be bleached, because it fades the patches and weakens the fabric. Belts should never be washed.
  - After class, you should wash your uniform or hang it up to dry so that it does not mildew. Then it will be ready for the next class.

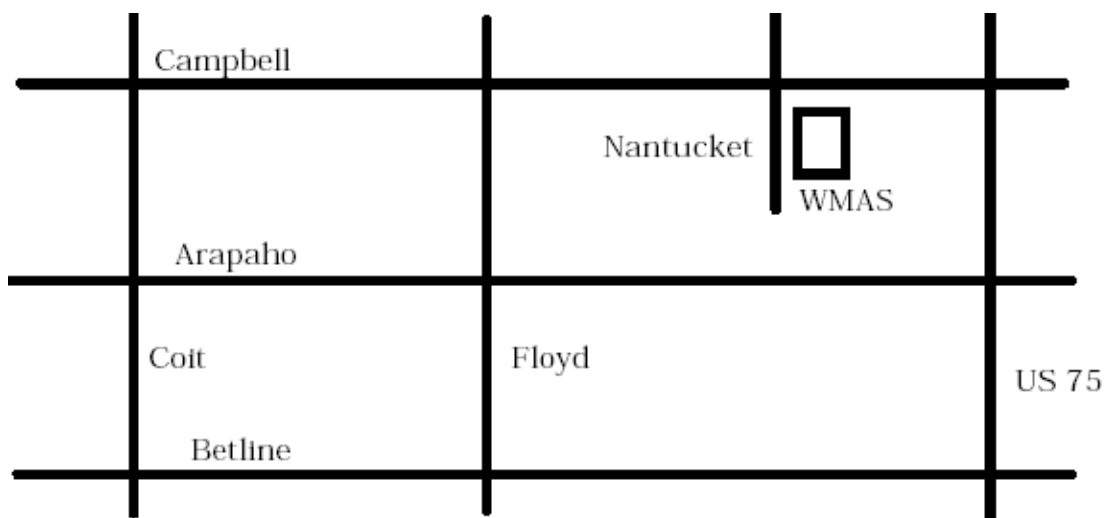


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- Your uniform should be neat and properly worn whenever you enter or exit the workout area.
  - Your belt should be properly tied. See the belt tying instructions below. If you are having trouble tying your belt, please ask for help. If you lose your belt, please replace it as soon as possible.
  - Jacket sleeves will be neatly rolled to mid-forearm. The left side of the jacket is secured over the right with jacket ties.
  - Pants will be ankle length and must not drag the floor. They should be hemmed to the correct length, not rolled up.
  - Female students should wear a white tank top or short-sleeved shirt under their jacket. Male students should not.
- Bring clothes to change into after class if you are not going straight home. Uniforms should not be worn to other activities such as eating out, shopping or sporting events.
- The care of your uniform is entirely your responsibility. Attention paid to your uniform leads to better self-discipline and confidence. Correctly wearing a well-kept uniform shows that you have a good attitude towards learning.
- See the head instructor for an equipment order form. Uniforms may also be purchased at World Martial Arts Supply. Directions to WMAS are provided below. Tell WMAS that you are a student of the Dragon School and they will give you a small discount.

World Martial Arts Supply  
1974 Nantucket @ Campbell  
972-783-1437

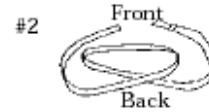
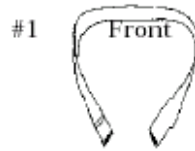
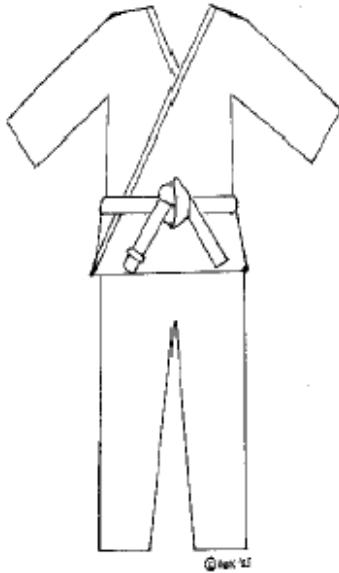




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### **Belt Tying**

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1. Center your belt in front of you. If you have a stripe, that end should be in your left hand.
2. Place the middle of your belt on your waist where your belly button is. Wrap the belt end around behind you. Switch the ends to your other hands and continue bringing the belt ends back around to your front.
3. Take the end in your left hand and tuck it under both the loop around your middle and the other end.
4. Start a knot by folding the right end over the left end.
5. Twist the ends slightly as you pull the knot tight to flatten the knot. The knot should lie flat against your stomach and should have a neat, triangular look. Both ends of the belt should point toward the floor.



## ***Ranks and Promotions***

### **Ranking System**

The belt rankings are:

- White
- Gold Stripe
- Gold
- Green
- Blue
- Purple
- Red
- Brown
- Black Stripe
- Black

Promotion to each rank is based on learning specific forms, one-steps, sparring techniques, and self-defense techniques. Attitude and the amount of supervised class time are also considered. Although new techniques are learned for each rank, the student must continue to practice all techniques learned for previous ranks.

White and Gold Belts learn the basic blocks and how to execute them at one level of power and coordination. Basic footwork is started at this level with stances. Muscle memory begins to be formed through the repetition of basic techniques.

Green Belts perform the same techniques with greater ease, having memorized the basic physical movements. They begin to be aware of the need for flow in forms. The awareness of timing in techniques and forms increases. There is sufficient knowledge of techniques for original sequences to be created. Control, focus, and timing are just beginning to become evident.

Blue Belts add lower stances and begin to control the ability to act in a given situation rather than just react. Comprehension of focus is beginning to show in techniques.

Purple Belts have formed a solid foundation. Continued practice of the primary techniques brings increased speed and flow.

Red Belts have learned the basic techniques well enough to develop some confidence in their performance. Because of their extensive practice they have an ability to begin to share techniques with the lower belts. Interpersonal communication is learned in the process of teaching techniques to others.

Brown Belts and Black Stripes are more aware of other students and accept more responsibility for teaching others in the Dragon School. They



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develop greater depth of techniques and increased skill in one-steps. A Brown Belt or Black Stripe is physically more aggressive as action has replaced reaction in many areas of skill. Brown Belts should be confident in sparring with controlled power. They have greater speed that enables a larger range of techniques, timing, and prowess. Brown Belts and Black Stripes have regular teaching duties. Leading portions of the class increases confidence, communication, and interpersonal relationship skills.

A First Degree Black Belt finally reaches a level where the gross physical movements are low, level, hard, and strong. Techniques flow with well-focused power learned through extensive practice. Black Belt speed produces the power needed for the physical aspects of Tae Kwon Do to be performed well.

The idea of ranking is mainly for the purpose of letting the instructors know which students have learned certain material. It also provides a goal – to strive for a higher rank. Ranking also allows students to know who has more experience and training. It's useful to know who has a higher belt rank if you need to ask a question.

### **Promotion Requirements**

Qualification for each rank depends on

- 1) Hours achieved in regular consistent training
- 2) Attitude in class
- 3) Acceptance of responsibilities commensurate to the rank

Any rank earned carries with it the responsibility of assisting those below your rank on techniques needed to attain their next rank. You will need to be able to instruct or walk through any technique on which you have been tested with anyone who is still learning that technique. Instructing others reinforces your own knowledge and awareness of techniques.

Major exams are regularly scheduled, and will occur on a Saturday at 1:00 pm. You will test when told that you are ready. Your instructor is more capable than you are of determining your abilities and skill level. Taking a test does not guarantee passing to the next rank. In order to pass, you must have the agreement of a majority of the test board on your proficiency in all techniques required for your new rank.

If you think someone does not deserve to test or will not pass the test, keep that to yourself. Do not question the authority of the Test Board because you are probably not in possession of all of the facts.

In a test situation, if you perform a technique incorrectly, don't let it show. You should continue with the best technique available and maintain a calm and confident attitude. The Dragon School test motto is: **If you blow it, don't show it.**



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The next page lists the requirements for each belt level. Each test may include any of the listed requirements plus any of the techniques from earlier levels. Each person testing should stay current on all the techniques they have learned in the past so that extensive review is not necessary before a test.



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Adult Class (Ages 10+)						
Rank	Forms / Basics	One-Steps	Self-Defense	Kicks	Mobility Drills	Sparring
Gold Stripe 8 <sup>th</sup> Gup	Up Block Down Block Inside Block Outside Block Low Knife-hand Block Middle Knife-hand Block Reverse Advance Straddle Stance Punch Middle Punch High Punch			Back Leg Front Snap Front Leg Side Snap Front Leg Roundhouse Back Leg Inside Crescent Back Leg Outside Crescent		3-Step Rhythm Sparring
Gold 7 <sup>th</sup> Gup	Basic Form 1 Basic Form 2	5 Basic One-Steps		Front Leg Front Snap Back Leg Side Snap Back Leg Roundhouse Front Leg Inside Crescent Front Leg Outside Crescent Turning Front & Back Leg Back	Chopping Drill Elbow Drill Palm Thrust Drill	Free Sparring: 1 match
Green 6 <sup>th</sup> Gup	Basic Form 3 Basic Form 4	5 Hand One-Steps	Same-side Wrist Grab Opposite-side Wrist Grab Single Lapel Grab Double Lapel Grab Front Choke	Front Leg Front Thrust Back Leg Front Thrust Front Leg Side Thrust Back Leg Side Thrust Butterfly	Triple Kick Drill Kicking Punching Drill	Free Sparring: 2 matches
Blue 5 <sup>th</sup> Gup	Advanced Form 1 China Form	5 Kicking One-Steps	Rear Choke Bear Hug (Around Arms) Bear Hug (Under Arms) Rear Shoulder Grab Rear Hair Grab	Front Leg Inside Axe Back Leg Inside Axe Front Leg Outside Axe Back Leg Outside Axe Front Leg Hook Back Leg Hook Front & Back Leg Twist		Free Sparring: 2 matches
Purple 4 <sup>th</sup> Gup	Advanced Form 2 Jung-Ye	5 Originals with Take-downs		Turning Side Turning Roundhouse Turning Outside Crescent Turning Hook Tornado Crescent Tornado Roundhouse		Free Sparring: 3 matches
Red 3 <sup>rd</sup> Gup	Advanced Form 3	8 Originals Three-Step Sparring		Jumping Front Leg Front Jumping Back Leg Front Jumping Front Leg Side Jumping Back Leg Side Jumping Front Leg Roundhouse Jumping Back Leg Roundhouse		Free Sparring: 4 matches Multiple Sparring: 2 opponents
Brown 2 <sup>nd</sup> Gup	Advanced Form 4	10 Originals		Jumping Turning Side Jumping Turning Outside Crescent Jumping Turning Back Push		Free Sparring: 4 matches Multiple Sparring: 3 opponents
Black Stripe 1 <sup>st</sup> Gup	Advanced Form 5	12 Originals	Self Defense / Knife			Free Sparring: 5 matches Multiple Sparring: 4 opponents
Black 1 <sup>st</sup> Dan	Basai Dragon Star Form	15 Originals				Free Sparring: 6 matches Multiple Sparring: 5 opponents



## ***History***

- 1976:** Masters Jack and Marian Erickson founded the Dragon School in June with the assistance of Master Eva Loyd. The first location was a leased building in the 3000 block of Wolf Street in Dallas, TX. At the time, they were Instructors for Master Ye Mo Ahn at his school in Garland and at the classes at Heights Recreation Center in Richardson.
- 1977:** The Wolf Street building lease expired in June and the Eriksons moved the classes to Cottonwood Park in Richardson. Classes continued outdoors in the park year round until October 1991. The Heights class also continued.
- 1981:** Master Ahn was appointed one of four US Regional Representatives of the World Tae Kwon Do Federation (WTF). This organization was sanctioned by the Korean government and was formed to unite all Tae Kwon Do in Korea. It was affiliated with the International Olympic Committee. Master Ahn persuaded the Eriksons to join the WTF and the US Olympic Committee with him. The WTF had a unique set of forms that were added to the Dragon School curriculum.

A second recreation center class was opened at Huffhines Park in Richardson.

- 1983:** It became clear that there was no organized WTF activity in the area, so the affiliation with the WTF was dropped. The WTF forms were dropped from the curriculum, because it was concluded that fewer forms done well was better than many forms done with mediocrity. The respect and friendship with Master Ahn continued.

In June, Master Alton Thibodeaux was transferred to Alice Springs Australia by his employer. He began a branch of the Dragon School there with the help of David Hooker. The first Black Belt from that school was Master Danny Davis.

- 1985:** The director of the Beijing Wu Shu Team contacted George Xu (Xu Guo Ming) in San Francisco to explore the possibility of assembling a group of American martial artists to visit China to attend and demonstrate at the First International Wu Shu Championships to be held at the city of Xian in central China. In coordination with Brendon Lai of San Francisco, they began contacting martial artists of different disciplines to assemble a diverse team. Their intent was to organize a group that contained some of the most famous martial artists in the United States, as well as normal instructors to participate in a cultural exchange, people to people, with the most famous martial arts of China.

Master Marian Erickson and John Gehm (a 2<sup>nd</sup> Degree Black Belt at that time) were invited to be part of the group traveling to China in August. In an effort to promote cultural exchange through the martial arts, under





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the leadership of team captain, Professor Wally Jay and co-captain Al Dacascos, they traveled to Beijing, Shanghai, Xian, and the Shaolin temple in Honan Province, the original birth place of the martial arts, as emissaries of cultural exchange performing their skills for their hosts and observing demonstrations by the greatest masters living in China. The disciplines represented by the American team members included Karate, Jujitsu, Kung Fu and Tae Kwon Do.

- 1986: The Ericksons received a personal invitation from Grandmaster Jhoon Rhee to attend a seminar in Austin, TX in October. At the conclusion of the seminar, Master Jack Erickson was promoted to 5th degree Black Belt and Marian Erickson was promoted to 4th degree Black Belt.
- 1987: The Ericksons and Eva Loyd attended a second Jhoon Rhee seminar in Fort Worth, Texas in April. In order to have national affiliation for students who moved out of the area, Dragon School joined the Jhoon Rhee System. Within the Jhoon Rhee System, the traditional Moo Duk Kwan Forms were aligned to the Jhoon Rhee System belts. The Dragon School added Forms from the Jhoon Rhee System that did not require music (the one exception was a form done to "God Bless America" which was performed for demonstrations). The former basics were replaced with the JRS Multiple Combination Basics. Furthering the intent of the JRS combination basics, the Dragon School hand techniques and kicking combinations drills were added.
- 1987: It was decided to stop adding new forms and drills of various 'systems' and 'styles' and return to the traditional Moo Duk Kwan roots of the Dragon School. The affiliation with the Jhoon Rhee System was dropped at this time. The friendship and respect continued between the Ericksons and Grandmaster Rhee.
- 1987: The Dragon School joined the newly formed Texas Black Belt Commission (TBBC), an organization of independent schools and instructors. The TBBC shared Martial Arts knowledge, set standards for certification and promotion of Brown and Black Belts, and promoted friendship and interaction between schools. Concurrent with this affiliation all adult Brown and Black Belt promotion tests had TBBC officials on the Test Board and the promotions were certified by the TBBC.
- 1995: Masters Jack and Marian Erickson, 8<sup>th</sup> and 7<sup>th</sup> Degree Black Belts, retired from teaching in June. They appointed Master Alton Thibodeaux Head Instructor and gave him the responsibility of carrying on the traditions of the Dragon School. Master Danny Davis has been the co-instructor of the school since that time.
- 1996: In August, The Dragon School was accepted as an affiliate school in A-KATO, the American Karate and Tae Kwon Do Organization headed by



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Grandmaster Keith Yates. Grandmaster Keith Yates and Masters Jack and Marian Erickson trained together under Grandmaster Allen Steen. After this affiliation all subsequent Black Belt promotion tests were certified by AKATO. The affiliation with the Texas Black Belt Commission ended at this time.

- 1998:** In September, both the Tuesday and Thursday classes moved to the Heights Recreation Center. The classes at Huffhines were discontinued.
- 2006:** In September, a children's class was added to the Tuesday/Thursday schedule for ages 6-10. The class was ended in 2011 after five successful years.

A family tree of Dragon School Black Belts can be found on the website:  
[www.dragonschool.com](http://www.dragonschool.com).



## ***Warm Ups***

Mild warm-ups are a necessity for everyone. The need for warm-ups increases with age as the body becomes less elastic over time. It is recommended that you execute the warm-up routine in this order as it warms the body up with the proper intensity for each area. These should not take much more than thirty minutes to do. Work at a pace and intensity that is comfortable for you. All techniques begin with the left side of the body. Do not hold your breath during stretches – keep breathing. Try to relax your muscles and you will get a better stretch.

Memorize this set of warm-ups so that you can follow along easily in class. Once you are a higher belt, you will need to be able to lead the class through these exercises.

### **Standing Stretches**

#### ***Neck Stretches:***

Keep your back straight and your shoulders relaxed.

- *Head Left:* Inhale then exhale as you lay your head over to the left side so your ear points toward your shoulder, then inhale and return to center.
- *Head Right:* Exhale as you lay your head over to the right side so your ear points toward your shoulder, then inhale and return to center.
- *Head Forward:* Exhale as you lay your head forward so your chin points toward your chest, then inhale and return to center.
- *Head Turn Left:* Exhale as you turn your head and look behind your left shoulder, then inhale and return to center.
- *Head Turn Right:* Exhale as you turn your head and look behind your right shoulder, then inhale and return to center.

#### ***Arm Stretches:***

- *Arm Across:* Extend your left arm straight out and fold it across your body. With your right hand pull your left arm toward your right shoulder. Repeat with your right arm.
- *Arm Over:* Extend your left arm straight up over your head, bend at the elbow letting your hand fall to your back. With your right hand, grasp behind your left elbow and pull backwards. Repeat with your right arm.
- *Arms Behind:* Extend both arms behind you, place the palms together and interlace the fingers. Raise the arms toward the ceiling as far as possible. Keep your head up and the upper body straight while doing this.



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- *Arms Above:* Extend both arms in front of you, place the palms together and interlace the fingers. Rotate the palms outward as you raise the arms directly above your head.
- *Side Stretch:* Stand with feet shoulder width apart and place your left hand on your hip. Raise your right arm up and over your head, bending sideways to the left. Repeat to the right side.

### ***Static Leg Stretches:***

- *Straight Leg Stretch:* With left leg forward, bend at the waist and stretch over the front of your leg. Keep the left leg straight. Hold. Release and switch legs stretching in the same fashion over the right leg.
- *Bent Leg Stretch:* With the left leg forward, bend the knee and stretch over the leg. Keep the lower part of the left leg (the shin) perpendicular to the ground, i.e., straight up and down. Extend the right leg straight back behind you with the toes on the ground holding the leg up. Continue to stretch downwards as far as you are able. Keep the left shin perpendicular to the floor at all times.
- *Calf Stretch:* Left leg forward and bent, right leg stretched back with the heel on the ground and both feet pointing forward. Repeat with the right leg in front.
- *Ankle Stretch:* Place the top of the left foot on the ground to stretch the top of the instep and the ankle. Switch feet and repeat.
- *Toe Stretch:* Set the ball of the left foot on the floor and raise the ankle to stretch the toes. Roll the foot left and right to give equal stretch to all the toes. Switch feet and repeat.
- *Quadriceps Stretch:* Grasp your left foot and pull the foot behind you, stretching the front of the thigh muscle. Switch feet and repeat.
- *Hamstring Stretch:* Lift the knee of your left leg straight up in front of you and grasp the leg just below the knee. Pull your knee toward you to stretch the hamstrings. Switch feet and repeat.

### **Standing Kicks**

These kicks are intended to warm-up the muscles in preparation for the floor stretches. Perform kicks with good form and at a height that is comfortable. These are warm-up kicks and once learned, are to be executed with proper technique but not at full power or speed. KIA with each kick during the warm ups in class.

See *Basic Kicks* section for a description of each kick and *Basic Stances* section for a description of the stances.



## **Dragon School**

## **Student Guide**

- *Front Snap Kick:* Start in right front stance. Do 12 back leg front snap kicks. Change to left front stance with a KIA and repeat.
- *Inside Crescent Kick:* Start in right front stance. Do 12 back leg inside crescent kicks. Change to left front stance with a KIA and repeat.
- *Outside Crescent Kick:* Start in right front stance. Do 12 back leg outside crescent kicks. Change to left front stance with a KIA and repeat.
- *Roundhouse Kick:* Start in left straddle stance. Do 12 front leg roundhouse kicks. Change to right straddle stance with a KIA and repeat.
- *Side Kick:* Start in left straddle stance. Do 12 front leg side kicks. Change to right straddle stance with a KIA and repeat.

### **Punches**

- *Front Punch:* Start in good, solid straddle stance facing the front of the room. Do 25 punches to the solar plexus alternating left and right.
- *Double Punch:* A double punch is a set of two punches to the solar plexus – one with each fist. Starting with the left fist, execute 5 double punches, switch and do 5 double punches starting with the right fist.
- *Triple Punch:* A triple punch is a set of three punches - alternating hands. Starting with the left fist, punch high to the throat, punch to the solar plexus, and punch low to the groin. Your starting hand should alternate with each set. Do four sets of high to low punches and then do four sets of low to high punches. Be sure to chamber completely with each punch.

### **Floor Stretches**

These stretches are done sitting on the floor. Now that your muscles are warm, more intense stretching can be done without damaging them. These stretches will help improve your flexibility. Only perform the stretch to a point of slight discomfort. If you feel pain while stretching, stop and return to a point in the stretch where you are not in pain. Hold each stretch at that point of mild discomfort, inhale deeply, and as you exhale, try to sink lower than before. Pulling your toes toward you gives you an additional stretch.

Breathing correctly is of paramount importance in martial arts. Therefore, learn to inhale and then exhale as you stretch down. Always exhale with the exertions of your exercises or techniques.

- *Knee Press:* Place the soles of your feet together in front of you and draw your heels toward your groin. Straighten your back, grab your feet, and place your elbows on your thighs just above your knees. Press down with your elbows and hold. Keep your elbows in place; press up with your legs against your elbows and hold. Repeat 3 times.



## **Dragon School**

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- *Modified Hurdler:* Extend your left leg laying it flat on the floor with the toes pointing toward the ceiling. Draw your right heel into your groin and lay your bent right leg flat on the floor. Turn and face your left foot. Straighten your back and while keeping your head up, reach for your left foot; bend at the waist and hold. Repeat to the right side.
- *Legs Together:* Straighten your legs and place them together flat on the floor in front of you. Point your toes and knees straight up, and keep your legs together. With your back straight, bend at the waist and reach for your toes.
- *Butterfly:* Place the soles of your feet together in front of you and draw your heels toward your groin. Straighten your back, grab your feet, bend at the waist, pull forward and hold. If you can, press your elbows against the front of your shins for leverage.
- *Legs Wide:* Straighten your legs flat on the floor in front of you. Spread your legs apart while pushing your hips forward. This creates an angle between your legs. Your toes are pointing straight up or forward and your hips are slightly rolled forward. Place both hands in front of you. Stretch the right arm over your head toward the left foot. Keep the left elbow in front of your knee (between your legs). Repeat to the right. Come back to center. Stretch your upper body forward and attempt to place your solar plexus in contact with the floor. Keep your head up and back straight.
- *Pretzel:* With your left leg in front, bend it so your foot points to the right. Put your right foot on the floor to the left of your left knee. Put your right hand on the floor behind your back. Stretch your left arm against the outside of your right leg and twist your body to the right, keeping your back straight.
- *Hip stretch:* With your left leg in front, bend it so your foot points right. Stretch your right leg straight back on the floor. If you cannot feel a stretch in your hip, try pressing your right hip towards the floor while keeping your left hip in contact with the floor. Repeat with the right leg in front.
- *Splits:* Lower yourself into a front-facing split. Support yourself with both hands and go as low as you can without causing undue pain. Do **not** try to tense your leg muscles to hold your weight. Let the weight be on your hands. The muscles you are stretching must be relaxed to stretch. Without coming up, pivot left so that you face 90° to the left with the left leg stretched out straight in front. The toes of your left foot should point at the ceiling. The right leg is behind you with the knee on the floor and your arms should be on either side of your legs. Stretch down and forward. If you can, the goal is to perform the splits with the legs fully extended and with your body resting on the ground. Again, without coming up, rotate back to center, breathe and then rotate to the right, executing the same stretches in the other direction.



## **Dragon School** **Conditioning Exercises**

## **Student Guide**

These exercises will increase your strength and add power to your techniques.

### ***Crunches:***

Exhale as you contract your stomach muscles. Try to use your stomach muscles instead of throwing yourself up with your arms and back. Do one set of each type of crunch. One set = 25 crunches.

- *Straight Up:* Lie flat on your back, knees bent with your feet about 12 inches apart. Cross your arms across your chest and lift your shoulders off the floor, hold and release to the floor gently.
- *Bent Leg:* Lie flat on your back; bend knees as if your calves are resting on the seat of a chair. Reach toward your feet as you raise your shoulders off of the floor then relax back down.
- *Legs Straight:* Lie flat on your back, legs extended straight up towards the ceiling. Reach up toward the ceiling raising your shoulders off of the floor, and then relax back down.
- *Hip Raises:* Lie flat on your back, knees bent with your feet together. Place your hands underneath your hips to support your lower back. Lift your legs straight up toward the ceiling and lift your hips off the floor. This is the same motion as if someone were to grasp your ankles and lift your hips off the floor. Relax back down.
- *Alternate Sides:* Lay flat on your back, knees bent with your feet about 12 inches apart. Place your fists by your ears and lift your shoulders off the floor while rotating to bring your right elbow toward your left knee. Return to the floor and then lift your shoulders and rotate to bring your left elbow to your right knee. One set = 15 repetitions.

### ***Push Ups:***

Inhale as you lower, exhale as you push yourself back up. Always start a set with straight push-ups and only switch to bent-knee if you absolutely have to.

- *Straight:* Support yourself on your palms with your hands under your shoulders. Lower yourself to the floor and back up again, exhaling on the exertion upward. Be certain to keep your heels, buttocks and shoulders in line. Lower and raise your body as one unit. Keeping your head up and eyes forward will help keep your back in a straight line.
- *Bent Knee:* If you are unable to do a straight push-up, place your hands under your shoulders with your knees bent and ankles crossed. Press upward, raising your body up until your arms are straight. Again, keep the body in straight alignment.



## ***Back Lifts:***

- *Arms Forward:* Lie flat on your stomach, with your feet together and your arms stretched out in front of you. Lift your arms and legs off the floor. Hold for 10 seconds and return to the floor. Repeat 3 times.
- *Back Arch:* Lie flat on your stomach with your feet together and your hands palm down by your shoulders. Extend your arms, raising your body upward as you arch your back. Hold for 15 seconds.

This concludes the stretches and exercises that are typically done during class during the warm-up period. If these are done everyday, the body's overall flexibility and strength will improve. Just stretching in class will help you avoid injury, but will not increase your flexibility. If you feel the need for improvement in a specific area, feel free to ask a Black Belt for additional exercises you can do on your own.





## ***Stances***

Up to this time, unless you were a gymnast or a dancer, it is possible you never paid any attention to the broad variety of things that contribute to balance. You do not have to think about how to stand or walk as you go through an ordinary day. It is programmed deep into your muscle memory. You learned how to walk as a toddler and haven't thought about how to do it since then. You don't have to think about each movement involved in riding a bicycle – you just do it. These are things that are fixed in your muscle memory.

We learn through repeated effort until the action or knowledge is automatic. In fact, it feels slow and awkward if you try to consciously think about each step involved in something automatic like opening a door or brushing your teeth. This automation, this muscle memory, is what you will strive to achieve through your Tae Kwon Do practice. Slow repetition will lead to improved technique until you finally perform the movement without thought. You may feel uncomfortable or clumsy at first, but this is normal when learning any new activity.

A good stance gives you a strong, balanced base from which to launch a technique. Each stance involves different foot position, body alignment, and weight distribution. You need to practice the basic stances to understand their strengths and weaknesses, and when and how they should be used. These basic stances are the foundation of all your techniques.

### **Rest** - Shee-uh

Your feet are one shoulder width apart with your feet pointing straight forward; your weight is evenly distributed. The back of your left hand is centered just below the small of your back with the back of your right hand in the palm of your left hand.

### **Ready** - Joohn-Bee

Your feet are one shoulder width apart with your feet pointing straight forward. Your weight is evenly distributed. Your hands are in lightly closed fists with the palms facing in and your arms slightly bent in front of your body. Your fists should be at about groin level approximately 12" away from the body. Your legs are straight but knees are not locked. Move into Ready Stance with power and a *Kia*.

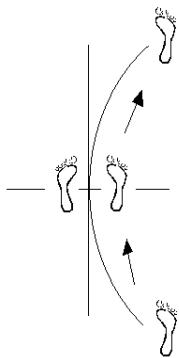
### **Attention** - Cha-Rhyut

Your feet are together with the heels and toes touching each other. Your arms extend downward with hands centered on your sides. Your hands should be open, fingers together and extended, but relaxed. When you move from *Rest* to *Attention* the left foot moves to the right foot. When moving from *Attention* to any other stance the left foot always moves first unless otherwise instructed.

A **Bow** (Kiung-Yae) is done from *Attention* stance. Bend forward approximately 15 degrees. Keep your head up and eyes forward.

## **Front**

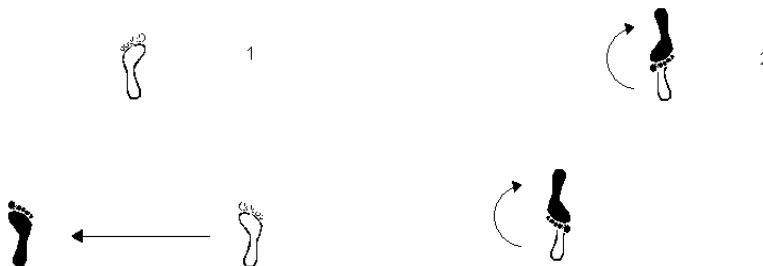
Your feet are pointing straight forward. They are one shoulder width apart side to side and one and a half shoulder widths deep front to back. Your front leg is bent so that your shin is vertical. Your back leg is straight but not locked. Your weight is about 60% on the front foot with that weight centered on the ball of the foot. Both heels are flat on the floor.



### *Moving Forward in Front Stance:*

Bring your back foot forward and in towards your front foot in an arc. Keep your knees slightly bent so that your head stays at the same height. Keep your back foot moving forward and out in an arc until it is in the front foot position.

*Turning in Front Stance:* 1) Look over your shoulder on the side of your back foot; move your back foot straight across past your front foot. 2) Pivot on the balls of your feet. Your back foot has become your front foot.



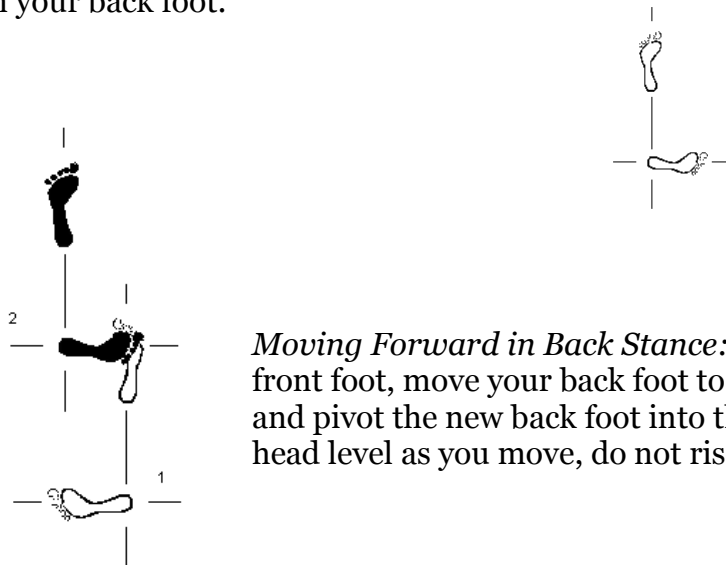


## ***Dragon School***

### **Back**

## ***Student Guide***

Your feet are perpendicular to each other, one shoulder width apart. The centers of your heels are on the same line. Your front foot points straight forward while your back foot points 90° to the side. All of your weight is on your back foot.



*Moving Forward in Back Stance:* Shift your weight to your front foot, move your back foot to the new front foot position, and pivot the new back foot into the right position. Keep your head level as you move, do not rise up.

*Turning in Back Stance:* 1) Look over your shoulder on the side of your back foot; rotate 90° on the heel of your front foot. 2) Shift your weight to that foot and then rotate 90° on the heel of the other foot.



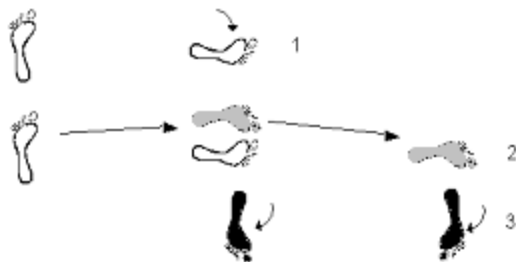
## ***Dragon School***

### **Straddle**

Place your feet parallel to each other at a distance of two shoulder widths apart. Your knees should be bent and slightly over your toes. Your weight is evenly distributed on the ball of each foot. Your upper body is vertical with your buttocks tucked.



## ***Student Guide***



*Moving Forward in Straddle Stance:* 1) Pivot your front foot 90°. 2) Move your back foot up to your front foot and then out to the new front foot position – both are pointing forward. Keep your knees slightly bent so your head stays level. 3) Pivot on the balls of your feet into the straddle stance position.

*Turning in Straddle Stance:* Turning in straddle stance does not involve moving your feet – just twist your upper body around to bring your guard around and look over the opposite shoulder.

### **Cat**

Cat stance is similar to Back stance. Starting from Back stance, pull your front foot in slightly and raise your heel off of the ground so that you are balanced on the ball of your foot. All of your weight is on your back foot.



### **Fighting**

Fighting Stance is similar to back stance but is slightly modified. Your weight is evenly distributed between your feet. Your heels are lightly on the ground with most of your weight on the balls of your feet. You are ready to kick with either foot with only a slight weight shift. Fists are up in front of your body like a boxer.



## ***Blocks***

Once you start to get the feel of what it is like to take the offensive with punches and kicks, you must turn your attention to what it is like to see a blow coming toward you from an attacker. One of your most natural reactions is to run away! This is a very valuable reaction and a good defense if you can get away safely. Another natural reaction will be to duck or dodge. Work at putting those reactions on hold and learn how to block the blow and then take the offensive. Eventually you will know when to block, duck or dodge without having to think.

Start your blocks from the correct fold until you are totally familiar with the function of each block in relation to where it strikes the incoming attack. Practice the techniques slowly at first to make sure your form is correct. As you become more familiar with the technique you will naturally begin to gain speed, which in turn leads to power. Once you have imprinted the pattern of movement for these blocks, you can execute them with speed and power without a full fold.

When you are familiar with the mechanics of blocks, you will need a partner to direct different hand strikes or kicks at you. Have your partner strike slowly at first while you block slowly and lightly, striving to deflect the forward motion of the attack.

A block does not just lie on your opponents arm, nor does it stay out where the block ends. Quickly re-fold your blocking hand so you can use it again, either to block or to attack. Your block should snap out and back.

Blocking may be used to stop an oncoming attack, to deflect an attack, or stop the forward motion of an attack. Blocking can also be used to distract an attacker or as an offensive measure to open up a line of attack of your own.

## **Definitions**

### **Universal Fold**

The universal fold is used as a starting position for several blocks. It covers the majority of your own targets. Bend one arm at 90° and keep the other arm straight (elbow not locked). The straight (lower) arm should be at a 45° angle to your body. The upper part (shoulder to elbow) of the bent arm should also be at a 45° angle to the body. Bring your elbows together in front of your body. The inside (palm) of both fists should face your body. In this position, you should just be able to





## **Dragon School**

## **Student Guide**

see over the top of the bent arm's fist, and the fist of the straight arm should be in front of your groin.

### **Blocking Edge**

The blocking edge is the side of your arm with which you block. It can be either side depending upon the type of block executed. The outside edge is the side between your little finger and your elbow. The inside edge is the side between your thumb and your elbow.

### **Guard Arm**

The guard arm is the non-blocking arm in an inside block (this term is also used in *Forms* and *One-Steps*). This arm should be bent in a 90° angle at the elbow in front of the chest at shoulder height. The upper arm (shoulder to elbow) should be at a 90° angle to the shoulder. The forearm should be parallel to the floor at shoulder height. The fist of the guard arm should be directly in front of the opposite shoulder.

### **Chamber**

To chamber means to put yourself in place for your next technique. In Tae Kwon Do you will learn how to chamber for blocks, kicks, and hand techniques.

## **Basic Blocks**

### **Down Block - Front Stance**

This block is primarily used against kicks, but can be used on anything you wish to deflect downward, like a punch or a weapon.

- |              |                                                                                                                                                             |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>FOLD</b>  | Move arms into Universal Fold with blocking (left) hand on top.                                                                                             |
| <b>STEP</b>  | Step into left front stance.                                                                                                                                |
| <b>BLOCK</b> | Strike downward with the outside edge of your left arm; do not go past the edge of your body. Chamber your right hand at your hip with your palm facing up. |
| <b>FOLD</b>  | The chambered hand now becomes the blocking hand. Move arms into Universal Fold with blocking (right) hand on top.                                          |
| <b>STEP</b>  | Step into right front stance.                                                                                                                               |
| <b>BLOCK</b> | Same as block above but with opposite arms.                                                                                                                 |





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### **Up Block - Front Stance**

The upward movement of this block is generally used to protect the head from overhand strikes, club blows, etc.

- FOLD** Move arms into Universal Fold with blocking (left) hand on the bottom.
- STEP** Step into left front stance
- BLOCK** Snap your forearm up in front of your forehead rotating your fist from the palm-in position to a palm-out position as you raise your arm. This brings the harder outside edge of your arm into the blow that will block the attacker's arm (or club) upward. Your forearm should be angled slightly upwards, with the fist higher than the elbow. The fist is slightly past the side of your head to protect the temple and is out in front of the head by several inches to protect the forehead. Keep your fist closed and your wrist in a straight line with your forearm. Chamber your right hand at your hip.



- FOLD** The chambered hand now becomes the blocking hand. Move arms into Universal Fold with blocking (right) hand on the bottom.
- STEP** Step into right front stance.
- BLOCK** Same as block above but with opposite arms.

### **Outside Block - Front Stance**

This block is performed in a scooping motion. It is generally used to protect the torso from incoming punches or kicks.

- FOLD** Move arms into Universal Fold with blocking (left) hand on the bottom.
- STEP** Step into left front stance.
- BLOCK** Snap blocking arm upwards and outwards in a scooping motion with palm facing in towards body (block with the inside edge). Your arm should be bent in a 90° angle and your upper arm (shoulder to elbow) should be at a 45° angle from your body. Remember not to go past the outside edge of your body. Chamber your right hand at your hip.
- FOLD** The chambered hand now becomes the blocking hand. Move arms into Universal Fold with blocking (right) hand on the bottom.





## **Dragon School**

## **Student Guide**

- STEP** Step into right front stance.  
**BLOCK** Same as block above but with opposite arms.

### **Inside Block - Front Stance**

The inward motion of this block is useful for deflecting strikes aimed at your head or upper body.

- FOLD** Both hands are closed into fists. Fold blocking (left) arm back with palm out facing forward and the fist close to the ear. Fold the guard (right) arm across your chest with the palm down.

- STEP** Step into left front stance

- BLOCK** Swiftly move the blocking arm forward, snapping the fist around to a palm-in position so that you block with the outside edge of your arm. Stop the block at the center of your chest with your fist at chin level. The fist moves in a straight line, not in a circular motion. Chamber your right hand at your hip just as you strike.

- FOLD** The chambered hand now becomes the blocking hand. Fold the blocking (right) arm back with the palm of the fist facing forward and the fist close to the ear. Fold the guard (left) arm across your chest with the palm down.

- STEP** Step into right front stance.

- BLOCK** Same as block above but with opposite arms.







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## **Student Guide**

### **Low Knife-Hand Block - Back Stance**

This block is used in similar situations as a down block, primarily against kicks, but it can be used on anything you wish to deflect downward.

- FOLD** Fold the blocking (left) arm across your chest with the inside of your palm facing your opposite cheek. Stretch your other (right) arm back at a 45° angle upwards with the palm facing the rear.
- STEP BLOCK** Step out into left back stance. Sharply drop the blocking arm downward across the chest snapping the hand outward, palm-down, just above the knee but not past the left edge of your body. Your arm is parallel to your leg. Simultaneously snap your other (right) hand downward to a palm-up position just below your solar plexus. The hand at your solar plexus is your chambered hand.
- FOLD** The chambered hand now becomes the blocking hand. Fold the blocking (right) arm across your chest with the inside of your palm facing your opposite cheek. Stretch your other (left) arm back at a 45° angle upwards with the palm facing the rear.
- STEP BLOCK** Step out into right back stance. Same as block above but with opposite arms.





## **Dragon School**

### **Middle Knife-Hand Block - Back Stance**

## **Student Guide**

**FOLD** Fold the blocking (left) arm across your chest with the inside of your palm facing your opposite cheek. Position your other (right) hand at waist level on the side of your body, palm down.

**STEP BLOCK** Step out into left back stance. Sharply swing the blocking arm across the chest snapping the knife edge of the hand out in line with the shoulder, palm outwards, finger tips at chin level, with the forearm inclined at a 45° angle. Simultaneously snap the other (right) hand upward to a palm-up position just below your solar plexus.



**FOLD** The chambered hand now becomes the blocking hand. Fold the blocking arm (right) across your chest with the inside of your palm facing your opposite cheek. Position your other (left) hand at waist level on the side of your body, palm down.

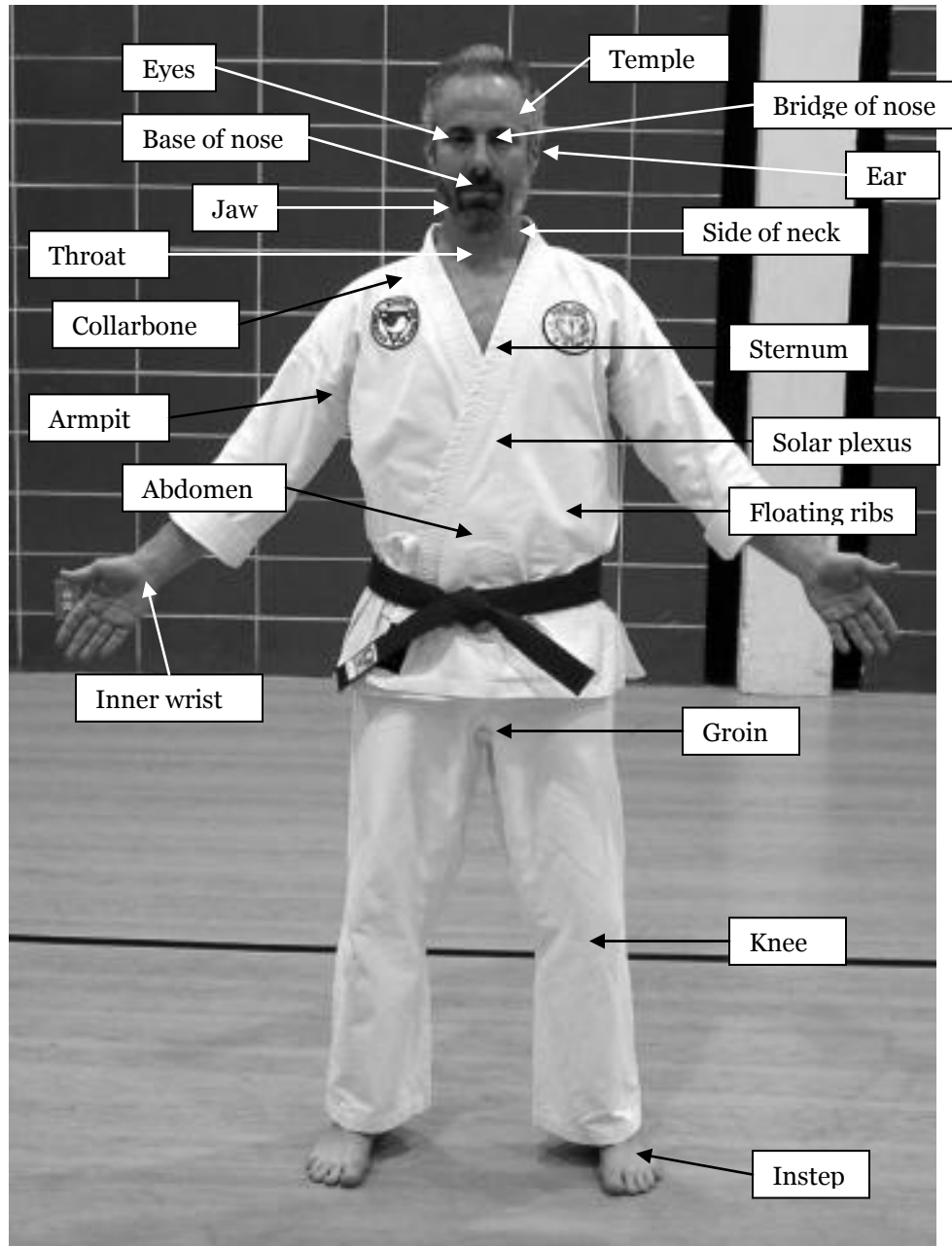
**STEP BLOCK** Step out into right back stance. Same as block above but with opposite arms.



## ***Targets***

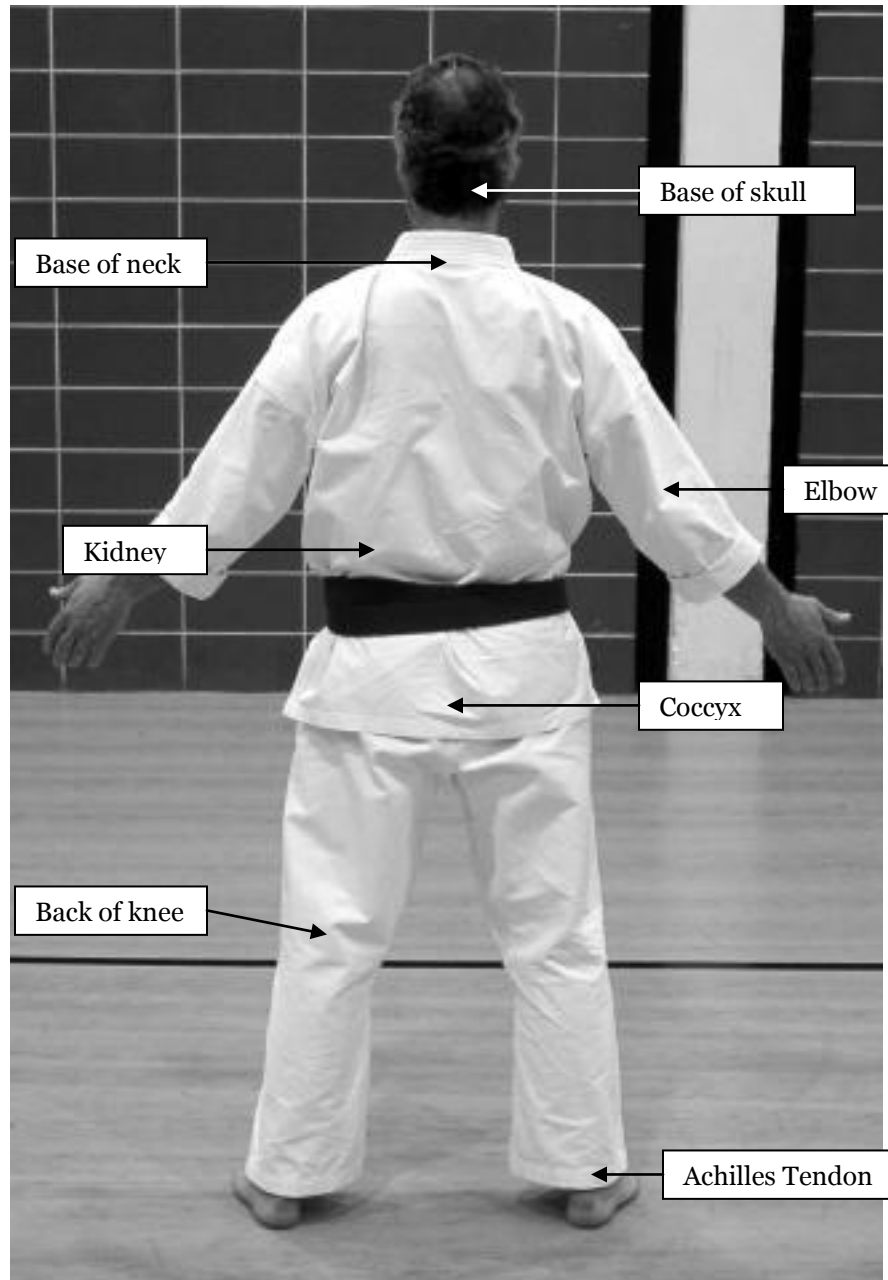
Knowing where to strike is just as important as knowing how to strike an opponent. A perfectly thrown punch or kick isn't going to have much of an effect if it doesn't hit a valid target. The following pictures show some of the major targets found on the human body.

### **Front Targets**





**Back Targets**





## ***Hand Weapons and Techniques***

### **Fist**

To make a fist, roll your fingers into your palm, starting with your little finger. Lock them in place with your thumb across the middle joint of the first two fingers. Keep your wrist flat. Visualize the fist starting at the elbow and extending to the first two knuckles of the fist. This visualization will help keep your wrist flat and allow you to strike with more power and less risk of injury to yourself than if your wrist is bent.



There are several ways to attack with a fist. Three ways are described below: punch, back fist and hammer fist.

### **Punch**

A punch is a medium range weapon. From the chamber position, push your fist out  $\frac{3}{4}$  of the way to full extension and then rapidly twist your fist over to palm down as you finish extending your arm. Keep your elbow close to your body as you execute the punch. Strike with the front of the first two knuckles. Chamber position for a punch is with the fist at the waist, palm up, with the leading edge of the fist behind the middle-line of the side of your body. There are several ways to execute a punch. Three ways are described below: front punch, reverse punch and side punch.

#### **Front Punch - Front Stance**

Start in ready stance. Step into front stance and down block. Chamber the opposite hand to the waist with the palm up. Step forward with your back leg into front stance and punch with the chambered fist as you chamber the blocking fist to the waist with the palm up. A front punch directed at the solar plexus is called a middle punch, while one directed at the nose is called a high punch.

#### **Reverse Punch – Back Stance**

A reverse punch is a front punch using the fist on the same side as your back leg.

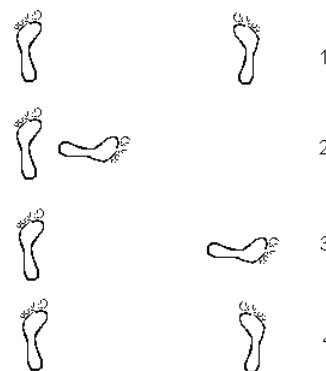


## ***Dragon School***

## ***Student Guide***

### **Side Punch - Straddle Stance**

1) Look over your right shoulder. Chamber your right hand at your hip and raise your left arm in a guard position as for an inside block. 2) Pull your right foot into a cat stance and rotate your upper body to face right. Keep your knees bent so your head stays level. 3) Step out with your right foot. 4) As you pivot your right foot and torso into position, push your right fist out palm up until almost fully extended. Rapidly twist the fist over to complete the punch just as your hips lock. Chamber your other fist.



### **Back Fist**

Close your hand into a fist and strike with the back of the first two knuckles. A back fist could be used to strike the nose.

### **Hammer Fist**

Close your hand into a fist and strike with outside of the fist (little finger side of fist). The striking surface is the pad of your hand, not your fingers. It can be used to strike down or to the side.

### **Knife-Hand**

A knife-hand is a medium range weapon usually used in a chopping attack. Fingers are slightly curved and tightly together. Fold the thumb so it doesn't stick out from the hand. Strike with the outside edge of the hand between the base of little finger and wrist.



### **Vertical Chop**

Fold with your hand at your ear; palm forward, wrist straight and elbow back. Strike forward and down with your palm vertical. This could be used to strike the collarbone.

**Horizontal Chop**

Fold with your hand at your ear; palm forward, wrist straight and elbow back. Strike forward and across with your palm up like you are holding a platter. This could be used to strike the neck.

**Reverse Chop**

Universal fold with a knife-hand folded on top. With the knife-hand, strike to the target with your palm down. This could be used to strike the opposite side of the neck.

**Ridge Hand**

Hold hand as for a knife-hand but strike with thumb side (inside) of hand. Strike with the inside edge of the hand between first joint of index finger and thumb. Keep your thumb tucked under and curve your fingers slightly. The ridge hand could be used to strike the temple.

**Palm Heel**

Keep fingers together but pulled back and strike with the heel (base) of your palm. A palm heel thrust can be used to strike high (fingers up) or low (fingers down). This could be used to strike the nose or the groin.





## ***Elbow Weapons and Techniques***

### **Elbow**

Your elbows are powerful short-range weapons. They are also less fragile than your hands. The striking surface depends on the direction of your attack. There are two striking surfaces for an elbow attack, one just above the elbow and one just below the elbow. Take care never to strike with the point of the elbow because it can be extremely painful.

#### **Up Elbow**

Start with a fist chambered at your waist. Keeping your elbow bent, punch your fist up and past your ear as you rotate your palm inwards to face your head. Keep your elbow tightly bent while striking. The striking surface is the flat area of your forearm just below your elbow.

#### **Back Elbow**

Extend your arm out in front of you, hand in a fist, palm up. Pull your elbow straight back. Your arm should brush closely by your side. The striking surface is on the arm just above the elbow. You can reinforce the strike by cupping the fist of the arm performing the back elbow with your other hand.

#### **Roundhouse Elbow**

Start with a fist chambered at your waist. Your fist should move across your chest, rotating palm down as your elbow swings forward. The striking surface is the flat area of your forearm just below your elbow.

#### **Down Elbow**

Raise your arm up in front with your hand in a fist, palm facing to the rear. Drop your bent elbow straight down on your target. The striking surface is on the arm just above the elbow.





## ***Foot Weapons and Techniques***

### **Foot Weapons**

Your legs have three times the power and one and a half times the reach of your arms; this makes your feet powerful long-range weapons. There are several possible striking areas on your foot.

#### **Ball of Foot**

The bottom of the foot just behind the big toe and second toe is called the ball of the foot. This is the striking surface for most front kicks. When executing a front kick, pull the toes back so the ball of the foot strikes the target when the foot is extended.

#### **Arch of Foot**

This is the bottom of the foot between the ball of the foot and the heel. The arch is primarily used for inside crescent kicks.

#### **Instep of Foot**

The striking area is the top of the foot from the midpoint of the instep to the ankle. It is primarily used for roundhouse kicks or for kicking straight up into the groin. When executing a kick with the instep, the foot should be extended.

#### **Side (Blade) of Foot**

This is the outside side edge of your foot from your heel to your little toe. You should use the area closer to your heel to avoid injury to your toes. Primarily used for side kicks and outside crescent kicks.

#### **Heel of Foot**

This is at the end of the sole of your foot and just a little up the back of the foot but not into the Achilles tendon. The heel has two striking areas. The axe and hook kicks use the part just up the back of the foot. Stomps and back kicks use the part on the sole.

### **Foot Attacks**

#### **Front Snap Kick**

1. Bring your knee up so that it points at your target. Keep your foot up as if you were walking up stairs, don't let your toes drop to point at the floor.
2. Extend your leg with a quick snapping motion. Pull your toes back as you extend so that the ball of your foot strikes the target.





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3. Snap your leg back to the fold position.

### **Side Snap Kick**

1. Bring your knee up as for front kick with knee pointing forward at the height of the target while keeping foot parallel to the floor without dragging it.
2. Extend the leg out to the side with a snapping motion, striking the target with the blade of the foot.



3. Rapidly return foot along same path used to execute the kick.

### **Roundhouse Kick**

1. Raise your knee up to the side to point at the target. Your foot should be folded behind you with your toes pointed.
2. Extend your leg in an arc, striking the target with the top of the foot, as you pivot toes of supporting foot away from target.
3. Rapidly return foot along same path used to execute the kick.

### **Outside Crescent Kick**

1. Bring your left knee up and slightly to the right across your body.
2. Extend your leg out but not locked, snap your leg straight across the target from right to left by twisting your hips. The striking surface is the blade of your foot.
3. Return to a fold position.  
(Reverse left & right directions for a right leg kick.)

### **Inside Crescent Kick**

1. Bring your left knee up and slightly to the left of your body.
2. Extend your leg out but not locked, snap your leg straight across the target from left to right by twisting your hips. The striking surface is the arch of your foot.
3. Return to a fold position.  
(Reverse left & right directions for a right leg kick.)

### **Back Kick**

1. Fold your knee up as for a front kick.
2. Look back over your shoulder at your target and drive your heel straight back into your target with your heel up and toes down. Your upper body may bend forward for balance as your leg goes back. Pull



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your toes towards your shin as far as possible to keep them out of the way. Strike with your heel.

3. Return foot along same path used to execute the kick

### **Heel Kick**

1. This is used to kick up into the groin area. It starts with your foot on the ground under your target.
2. Look over your shoulder at your target. Drive the back of your heel straight up into your target. Your heel should be pointing up with your toes down and pulled toward your shin.

### **Front Thrust Kick**

1. Bring your knee up so that it points above your target.
2. Extend your leg straight out like a punch and pull your toes back as you extend so that the ball of your foot strikes the target. As your leg reaches full extension, pivot on your support foot and thrust your hips forward to add power to the kick.
3. Return to the fold position.

### **Side Thrust Kick**

1. Bring your knee up as for front kick with knee pointing forward as high as possible while keeping foot parallel to the floor without dragging it.
2. Extend the leg out to the side while pivoting on your support foot. As you strike the target with the blade of the foot thrust your hips to add power to the kick.
3. Rapidly return foot along same path used to execute the kick.

## **Knees**

Your knees, like your elbows, are powerful short-range weapons. You can bring your knee up sharply as a strike to the groin, or use it with a grab to smash an attacker's face.



## ***Self Defense***

Self-defense starts with an alert mind and strong body. In many cases an attacker chooses a victim who looks like an easy target. Being aware of your surroundings makes you a less inviting target.

If you are attacked, your attacker is probably not expecting you to know how to react. A quick, effective self-defense technique can be a surprise to your attacker and allow you the chance to escape to safety.

Never think of yourself as a helpless victim. Learn to develop a survival mindset in a self-defense situation. The way to do this is to go over your reaction to an attack in your mind. Think about what you would do as well as practicing the techniques.

In the Dragon School you will be shown basic releases, traps and throws. None of these techniques are guaranteed to work under every circumstance. Self-defense techniques combined with Tae Kwon Do techniques make for a better response to a self-defense situation.

Your voice is a potent weapon in self-defense – use it! **KIA** when you execute a release technique. This can startle your attacker as well as alert other people to your predicament.

Tapping out is important when working with a partner on a control technique. If a technique involves applying pressure to cause pain to your attacker, your partner needs to tap out when it becomes painful. This means that they will tap on their leg or any available surface, and you should release them **immediately**.

### **Wrist Grab - Same Side**

Your attacker is facing you and reaches straight across to grab your wrist with their hand. For example, your attacker grabs your left wrist with their right hand. (For a grab on your right wrist, reverse the lefts and rights in the directions.)

1. Relax! Step toward your attacker with your left foot. Keep your elbow close in to your hip.
2. Form a left fist and quickly execute an up elbow towards your attacker's chin.
3. Step back to get clear of your attacker.
4. Once you are free, turn and run away.



### **Wrist Grab - Opposite Side**

Your attacker is facing you and grabs across their body to grab your wrist. For example, your attacker grabs your left wrist with their left hand. (For a right hand grab, just reverse the lefts and rights in the directions.)

1. Relax! Step in with your left foot.
2. Form a left knife-hand. Raise and rotate your hand so that your fingers are pointing up with your palm facing right.
3. Place your right palm against your left knife-hand.
4. Roll your wrists over their wrist until your fingers are pointing straight down along your opponent's centerline. Roll downward until their grip is broken.
5. Step back to clear. Once you are free, turn and run away from your attacker.

### **Single Lapel Grab**

Your attacker is facing you and grabs your lapel (shoulder) with one hand. For example, the attacker grabs your left shoulder with their right hand. (For a grab with the left hand, reverse the lefts and rights in the directions.) This is a control move, not a release. Practice this slowly and carefully so that you do not injure your partner.

1. Reach across your body with your right hand and grab your attacker's hand.
2. Reach up with your left hand and use both hands to press the palm side of your attacker's hand firmly to your chest. Keep your shoulders centered over your hips – do not bend forward or backward.
3. Step back with your right foot; turn your body into straddle stance, locking your attacker's wrist to your body. Move your left arm over your attacker's arm and press to secure their arm or wrist under your armpit.
4. Bend your knees to lower your body straight down. Your fingers become a pivot point applying pressure to their wrist as you keep their hand pressed tightly to your chest. When you practice this, your opponent should tap out when the hold becomes painful.

### **Double Lapel Grab (Over & Under)**

Your attacker is facing you and grabs your lapels (shoulders) with both hands. This will work in either direction; just reverse the lefts and rights.

1. Place your left forearm on your attacker's wrist closest to your left hand.



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2. Slip your left hand between your attacker's arms. Place the back of your left hand on the underside of your opponent's other wrist.
3. Clasp your left hand with your right hand.
4. Push your hands to the left as you step back with your left foot into straddle stance.
5. Once you are free, turn and run away from your attacker.

### **Front Choke**

Your attacker is in front of you and grabs your neck with both hands.

1. Grab your attacker's right hand with your left hand.
2. With your right hand, press your fingers into the hollow of your attacker's throat; this will cause them to pull back and let go of your throat.
3. Once you are free, get clear of your attacker.

### **Bear Hug**

Your attacker is behind you and grabs you around your body, pinning your arms to your sides.

1. Take a deep breath, place your palms together and pull your hands towards your chest. This gives you a little room to work with.
2. Exhale, push your arms straight out in front of you and drop your weight down all at the same time.
3. Be prepared to execute a technique once your arms are free so that you can get clear of your attacker and run.

### **Rear Choke**

Your attacker is behind you and grabs you around the neck with one arm. For the following steps, assume they have their right arm around your throat.

1. Grab your attacker's arm with both hands and tuck your chin into the fold of their arm to protect your airway.
2. Pivot to your right and hunch forward so your attacker cannot pull you backwards. You should be at an angle to your attacker's body.
3. Step your right foot backward and past your attacker's right leg. Bend forward and rotate your shoulders to the left to throw your attacker to the ground.



## ***Mobility Drills***

Mobility drills are an important part of your Tae Kwon Do foundation. They focus on rhythm, flow and targets.

Practice each drill slowly so your techniques and targets are correct. As you become more familiar with a drill, you can practice faster and with more power. Start each drill with the left side and then repeat for the right side.

### **Chopping Drill**

1. Start in straddle stance – fold as for a left inside block except with a left knife-hand instead of a fist.
2. Vertical chop to the collarbone, chamber right arm.
3. Refold and execute a left horizontal chop to the throat, chamber right arm.
4. Fold left palm to right ear, right arm down and pivot 45° to your right. Reverse left chop to the neck (carotid artery, vagus nerve, jugular vein). Chamber right arm.
5. Pivot back to the front as you execute a right ridge hand to the temple. Chamber left arm. **KIA.**
6. Repeat for the opposite side.

### **Elbow Drill**

1. Start in ready stance - universal fold for a left down block.
2. Step into left front stance and execute a down block.
3. Bring left arm into guard position, step into right front stance and execute a right up elbow to the chin.
4. Step back into a left back stance and strike back with your right elbow to the solar plexus. Reinforce the strike with your left hand cupping your right fist.
5. Fold your left arm up in guard position; step forward into right front stance and strike with a right roundhouse elbow to the ribs.
6. Raise forearm up with the palm in and strike down with your elbow. The target is your opponent's back.
7. Head grab with both hands; pull down as you bring your left knee up for a face strike. **KIA.**
8. Universal fold, turn into a right front stance and execute a down block. Repeat the drill to the opposite side.



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### **Palm Thrust Drill**

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1. Start in ready stance – universal fold for a left down block.
2. Step into left front stance and execute a down block. Bring left arm up into guard position.
3. Back leg front snap kick to the knee, step into right front stance.
4. Palm-heel thrust to the nose, rake fingernails down the face, fold hand with palm up at your hip and bring your other arm up in a guard position.
5. Palm-heel thrust to the groin while you bring your guard hand to your shoulder.
6. Make a fist with your right hand, step back into a left back stance.
7. Pull your right arm up and back as you left chop along your right arm to the solar plexus. **KIA.** (Your right elbow should be level with your shoulder with your forearm at a 90° angle pointing straight up and your palm facing in.)
8. Universal fold, turn into right front stance and execute a down block. Repeat the drill to that side.

### **Kicking Punching Drill**

1. Start in ready stance – universal fold for a left down block.
2. Step into left front stance and execute a down block.
3. Back leg front thrust kick to head (or solar plexus), step into right front stance and right punch to the solar plexus.
4. Left universal fold, back leg side thrust kick to head (or solar plexus). Step into left straddle stance and left hammer fist (shoulder high).
5. Right universal fold, right turning back kick to the groin. Step into right straddle stance, right backfist to the bridge of the nose.
6. Left universal fold with left knife-hand, back leg roundhouse kick to the head (or solar plexus). Step into a straddle stance, left chop to the neck. Pull back into left back stance as you right reverse punch to the solar plexus. **KIA**
7. Universal fold, turn into right front stance and execute a down block. Repeat the drill to the opposite side.





## **Dragon School**

### **Triple Kick Drill**

## **Student Guide**

1. Start in ready stance - bring arms up to guard.
2. Pick up your left knee so that your thigh is at least parallel to the floor.
3. Left front snap kick, returning to the folded position without dropping your knee.
4. Look left to your target. Left side snap kick, returning to the folded position without dropping your knee.
5. Look back to your target. Left back kick, returning to the folded position without dropping your knee.
6. Repeat with the right leg.



## ***One-Step Sparring***

One-steps are choreographed combat situations that train you to face a potentially dangerous situation. You not only learn to block the attack, but also counterattack in order to gain control of the situation. By facing these contrived situations, you learn to develop habits and attitudes that will make you more effective in real situations. You will also learn to overcome habits and attitudes that might hinder you in real situations (for example, flinching as someone comes toward you in a threatening manner). One-steps make you more comfortable being in another person's space. They also help you execute appropriate techniques to valid targets.

Basic flow of one-step sparring:

- Attacker and Defender face each other in Attention Stance and bow.
- Attacker and Defender then assume Ready Stance.
- Attacker moves into universal fold, steps backwards with right foot into left front stance, and executes a left down block (**KIA**). This is the ready to attack position for a right punch.
- Defender may step once to adjust the distance.
- The default attack is a high punch to the base of the nose. The Defender may ask for a middle punch to the solar plexus attack instead by touching his solar plexus. The Defender should warn the Attacker if the one-step involves a takedown. The Defender should nod slightly to acknowledge the information.
- Defender then **KIAs** when ready to defend and prepares to block.
- Attacker steps forward with right foot into right front stance and punches to the nose (or solar plexus if requested) of the Defender.
- Defender simultaneously executes a one-step.
- Defender returns to ready stance with a **KIA** when finished. Attacker then returns to ready stance.
- Attacker and Defender then switch roles for the next one-step.

The techniques as described in the following pages are initially learned against a right punch. However, after Gold Belt, you will need to be able to execute one-steps against a right or left punch.

The first ten one-steps use mainly hands for both defense and offense. The primary objective is to teach you how to get within an effective distance to execute techniques to the proper targets. You will also learn how to smoothly shift stances and control an opponent's movement using your knee placement.

The next five one-steps concentrate on kicking techniques. These one-steps also introduce control techniques that stop an opponent without doing a lot of damage.



## **Thunder**

This is the first of the Basic One-Steps.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>
1	Ready stance		
2	Attacker prepares to attack		
3	Fold with left hand down. Step forward into left front stance with your knee inside your attacker's knee.	Left outside block.	Right forearm
4		Right punch, chamber left fist. <b>KIA</b>	Solar Plexus
6	Fold for right middle knife-hand block. Step back with left foot into right back stance.	Right middle knife- hand block	
7	Move right foot back into ready stance		



## **Whirlwind**

This is the second of the Basic One-Steps.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>
1	Ready stance		
2	Attacker prepares to attack		
3	Fold with left hand down. Step forward into left front stance with your knee inside your attacker's knee.	Left outside block. Chamber right knife-hand by right ear.	Right forearm
4		Right chop, chamber left fist. <b>KIA</b>	Neck
6	Fold for right middle knife-hand block. Step back with left foot into right back stance.	Right middle knife- hand block	
7	Move right foot back into ready stance		



## **Dragon School**

## **Student Guide**

### **Launch**

This is the third of the Basic One-Steps.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>
1	Ready stance		
2	Attacker prepares to attack.		
3	Fold with left hand down. Step forward into left front stance with your knee inside your attacker's knee.	Left up block.	Right forearm
4		Right palm thrust, chamber left fist. <b>KIA</b>	Chin
6	Fold for right middle knife-hand block. Step back with left foot into right back stance.	Right middle knife- hand block	
7	Move right foot back into ready stance		



## **Dragon School**

## **Student Guide**

### **Lightning**

This is the fourth of the Basic One-Steps.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>
1	Ready stance		
2	Attacker prepares to attack. Defender signals for middle punch.		
3	Fold with left hand up. Step forward into left front stance with your knee inside your attacker's knee.	Left down block.	Right forearm
4		Right ridge hand, chamber left fist. <b>KIA</b>	Temple
6	Fold for right middle knife-hand block. Step back with left foot into right back stance.	Right middle knife- hand block	
7	Move right foot back into ready stance		



## **Dragon School**

## **Student Guide**

### **Sidewinder**






This is the fifth of the Basic One-Steps.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>
1	Ready stance		
2	Attacker prepares to attack. Defender signals for middle punch.		
3	Inside-block fold with left hand by ear. Step diagonally into left straddle stance with your knee outside your attacker's knee.	Left inside block.	Right forearm
4		Right punch, chamber left fist. <b>KIA</b>	Floating ribs
6	Fold for right middle knife-hand block. Step back with left foot into right back stance.	Right middle knife- hand block	
7	Move right foot back into ready stance		



## Forward Ho

This one-step trains you to step directly into your attacker's space, to alternate sides when executing techniques, and to withdraw with an awareness of the attacker's position.





	Stance/Steps	Technique	Target	Picture
1	Ready stance			
2	Attacker prepares to attack			
3	Fold. Step forward into left front stance with your knee inside your attacker's knee.	Left outside block.	Right forearm	
4		Right vertical chop, chamber left fist. <b>KIA</b>	Left collarbone	
5		Left punch, chamber right fist.	Solar plexus	





## ***Dragon School***

## ***Student Guide***

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
6	Fold. Step back with left foot into right back stance.	Right low knife-hand block		
7		Right front snap kick, fists up to guard	Knee	
8	Step down into left back stance			
9	Move right foot back into ready stance			








# ***Dragon School***

## **Stances**

# ***Student Guide***


This one-step helps you learn correct stances and how to shift stances without losing ground.

	Stance/Steps	Technique	Target	Picture
1	Ready stance			
2	Attacker prepares to attack			
3	Fold. Step forward into right straddle stance with your knee inside your attacker's knee.	Right inside block, chamber left fist	Right forearm	
4		Right reverse chop, <b>KIA</b>	Neck	
5	Slide right foot over and pivot into right front stance	Rake face with right fingers	Face	
6		Left reverse punch, chamber right fist	Solar plexus	
7	Fold. Step back with right foot into left back stance.	Left low knife-hand block		



## ***Dragon School***

## ***Student Guide***






	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
8		Left front snap kick, fists up to guard	Knee	
9	Step down in left back stance			
10	Move left foot back into ready stance			



## ***Dragon School*** **Cheerleader**

## ***Student Guide***

This one-step trains you to be aware of the targets that you present to your attacker as well as to vary the areas you attack. It includes multiple techniques from the same side as well as alternating hand and foot techniques.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
1	Ready stance			
2	Attacker prepares to attack			
3	Fold. Step forward into right straddle stance with your knee inside your attacker's knee.	Right inside block, chamber left fist	Right forearm	
4		Right backfist, <b>KIA</b>	Face / Nose	
5	Pivot feet 45° to the left (front stance, facing 45° away from attacker)	Swing right fist down in a "C" motion – hammer fist	Groin	
6	Shift backwards between attacker's legs	Right back elbow	Floating Ribs	
7	Shift weight to left leg	Right heel kick	Groin	
8	Fold. Pivot 180° into left back stance.	Left low knife-hand block		



## ***Dragon School***

## ***Student Guide***

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
9		Left front snap kick, fists up to guard	Knee	
10	Step down into left back stance			
11	Move left foot back into ready stance			








# ***Dragon School***

## **Intercept**

# ***Student Guide***

This one-step emphasizes timing, lateral target awareness, and short-range weapons.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
1	Ready stance			
2	Attacker prepares to attack			
3	Fold. Step forward into left front stance inside attacker's knee.	Left up block, chamber right fist	Right forearm	
4		Right reverse roundhouse elbow, KIA	Floating ribs	
5	As you execute the technique, pivot right 135° into right front stance	Left slashing roundhouse elbow	Floating ribs	
6		Left reverse chop	Neck	
7	Shift weight to right leg	Left heel kick	Groin	
8	Fold. Step forward with left leg and pivot into right back stance.	Right low knife-hand block		



## ***Dragon School***

## ***Student Guide***

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
9		Right front snap kick	Knee	
10	Step down into right back stance			
11	Move right foot back into ready stance			








# ***Dragon School***

# ***Student Guide***

## **Parry**

This one-step continues the use of leg check movements and begins training in using angles and take-downs.

NOTE: In this one step the attacker must punch to the solar plexus.



	Stance/Steps	Technique	Target	Picture
1	Ready stance			
2	Attacker prepares for attack. Defender signals for middle punch.			
3	Fold as for inside block with a left knife-hand. Step forward into left straddle stance – left knee closely behind attacker's knee.	Left palm-heel block, chamber right fist.	Right forearm	
4		Right ridge hand, chamber left knife-hand high, <b>KIA</b>	Solar plexus	
5		Left horizontal chop, chamber right knife-hand high.	Base of skull	
6		Grab hair with left hand, right horizontal chop	Base of nose	
7	Kneel with left knee to take attacker's knee to the ground	Twist neck and rake face	Neck and knee	





## ***Dragon School***

## ***Student Guide***

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
8	Fold. Step forward with left leg and pivot into right back stance	Right low knife-hand block		
9		Right snap kick with fists up to guard	Head or ribs	
10	Step down into right back stance			
11	Move right foot back into ready stance			








# ***Dragon School***

# ***Student Guide***

## **Front Kick**

This one-step is the first kicking one step, and concentrates on a devastating close range response.

	Stance/Steps	Technique	Target	Picture
1	Ready stance			
2	Attacker prepares to attack			
3	Step back with the right foot into left front stance. Left universal fold.	Left middle knife-hand block, chamber right fist	Right forearm	
4		Grab wrist, right rising front kick (strike with instep), <b>KIA</b>	Groin	
5	Step into right front stance	Right punch, pull attacker's arm as you chamber left fist	Nose (punch past head when executing in class)	
6	Move right foot back into left back stance	Left middle knife-hand block		
7	Move left foot back into ready stance			






# ***Dragon School***

## **Side Kick**

# ***Student Guide***

This one-step increases awareness of kick timing and introduces using a kick as a block.

	Stance/Steps	Technique	Target	Picture
1	Ready stance			
2	Attacker prepares to attack			
3	Pivot 45° left. Right universal fold.	Right middle knife-hand block and right side thrust kick, <b>KIA</b>	Solar plexus (aim for hip in class)	
4	Step into right straddle stance inside attacker's knee	Grab wrist and strike down with attacker's arm	Groin	
5	Move right foot back into left back stance	Left middle knife-hand block		
6	Move left foot back into ready stance			






# ***Dragon School***

## **Butterfly Kick**

# ***Student Guide***

This one-step helps you learn to use an attacker's strength or height against him. It also works on judging distance and timing multiple kicks.

	Stance/Steps	Technique	Target	Picture
1	Ready stance			
2	Attacker prepares to attack			
3	Step back into right front stance. Left universal fold.	Left middle knife-hand block, chamber right fist	Right forearm	
4		Grab wrist, left front snap kick	Knee (kick past inside of knee in class)	
5		Jump into right front snap kick, <b>KIA</b>	Solar plexus or chin (kick past the outside of the body in class)	
6	Move right foot back into left back stance	Left middle knife-hand block		
7	Move left foot back into ready stance			



# ***Dragon School***

## **X-Block**

# ***Student Guide***

This one-step incorporates a control technique that will allow time to choose targets.

	Stance/Steps	Technique	Target	Picture
1	Ready stance			
2	Step back with right foot into left front stance	Knife-hand X-Block up, with right hand closer to your body	Right forearm	
3	Pivot hips 90° right	Roll both hands over and grab around attacker's fist with your left palm on top of attacker's fist.		
4	Pivot hips 90° left	Pull attacker's fist to your center. Control by applying pressure to the back of their hand.		
5		Right front snap kick (strike with instep)	Solar plexus	
6		Right front snap kick (strike with instep), <b>KIA</b>	Face	
7	Move right foot back into left back stance	Left middle knife-hand block		
8	Move left foot back to ready stance			







# **Dragon School**

## **Crescent Kick – Side Kick**

# **Student Guide**

This one-step continues the use of combination kicks and blocking kicks. It works on timing, distance and control.

NOTE: In this one step the attacker must punch to the solar plexus.

	Stance/Steps	Technique	Target	Picture
1	Ready stance			
2	Attacker prepares to attack. Defender signals for low punch.			
3	Bring arms up to guard.	Right inside crescent kick	Right forearm	
4	Refold leg	Right side thrust kick, KIA	Solar plexus	
5	Step down into right straddle stance	Right backfist	Nose	
6	Move right foot back into left back stance	Left middle knife-hand block		
7	Move left foot back into ready stance			



## **Dragon School** **Original One-Steps**

## **Student Guide**

Promotion to Purple Belt and above requires each student to create personalized one-steps. All one-steps must accomplish three things:

1. Stop, deflect or avoid the attack.
2. Launch a counterattack that will prevent further attacks
3. Move away from the attacker to a safer distance

One-steps should be done with proper stances, good attitude, and strong, focused power. This goes for both the attacker and the defender.

The following are examples of techniques to help you start creating your own one-steps:

1. Left middle knife-hand block with right chop at the same time...
2. Right side kick; right backfist...
3. Left inside block with left front kick from back stance...
4. Right up block; double chop to neck; knee to groin...

Write down your original one-steps so you don't forget them:



## **Sparring**

Sparring is controlled combat against real opponents. It is an integral part of martial arts. One-steps give you experience against an opponent, but sparring is unscripted fighting. You have to act and react without stopping. Sparring is demanding – you need flexibility, speed, stamina, and control.

Sparring teaches timing, footwork, control and good target selection. It also teaches you how to judge and use distance to control the flow of a match. You will learn that different opponents will require different tactics. An attack that will work on a smaller opponent will not have the same effect on a larger one. Effective fighting includes alternating legs and the use of all weapon ranges from elbow techniques to full extension kicks.

Dragon School does not teach tournament sparring. With tournament sparring, points are counted and there are breaks after each point. Dragon School sparring is continuous - no points are counted. A good sparring match is about improving your strengths, reducing your weaknesses, and practicing your techniques with a real opponent.

### **Safety First**

- Mouth guards are required.
- Protective groin cups are required for male students.
- No sparring without an instructor to referee.
- Your instructor controls the match - pay attention to their commands.
- No head contact, light body contact to good targets, no kicking at the knees or below.
- Keep your mouth closed – don't bite your lips or stick out your tongue.
- Wear shin pads or other pads if you have an injury to protect.
- If you wear glasses, try to spar without them – they will get knocked off at some point in a real confrontation.

### **Bowing**

At the beginning and end of each sparring match, you will bow to your opponent and to the instructor. This shows respect for your instructor and for your opponent. It should remind you that your purpose is not to hurt your opponent, but to improve your sparring.

### **Rhythm Sparring**

The first sparring you will do in class as a white belt is very controlled and non-contact.





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The first person will attack three times, using any techniques they have been shown in class. The second person will move and defend. As soon as the first person finishes the third attack, the second person attacks three times while the first person moves and defends.

Rhythm sparring will give you a feel for how sparring should flow and introduce you to attacking using multiple techniques in combination. Try to eliminate the gap between defending and attacking and vice versa. Don't move away so far that you have to run forward to attack when it's your turn.

### **Free Sparring**

Free sparring is light contact sparring between two opponents. There should be no contact to the head. Kicks should be kept well above the knees – even with light contact, knees are easy to seriously injure.

Free sparring is just what it sounds like – a free flowing, unscripted match where you are responsible for attacking and defending as your opponent does the same.

Don't forget to listen to your instructor – he or she controls the starts and stops during the match. Stop attacking immediately when instructed, but don't drop your guard until it is clear your opponent has heard the command as well.

### **Multiple Sparring**

Multiple sparring is like free sparring, but you will be facing more than one opponent at the same time. The multiple opponents may not grab the single opponent.

Sparring multiple opponents will teach you to be aware of your surroundings so you don't get pinned against a wall or backed into a corner. It will also teach you to be aware of more than one person at a time. The keys to multiple sparring are to keep moving, spar one person at a time, and try to keep the smallest or weakest opponent in between you and your other opponents.

### **Sparring Tips**

- Watch your opponent at all times – you can't block a technique if you can't see it.
- Use techniques in combination – follow up an attack – don't use one technique and then stop.
- Breathe! Try to relax. Don't let your emotions get the better of you as you spar.
- Stay calm and focused mentally and physically.



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- Guard your head – keep at least one hand up at all times.
- Minimize the targets you present to your opponent – don't face them straight on.
- Stay light on your feet and move around on angles, not just backwards and forwards.
- Use high techniques to mask a low attack and vice versa.
- Observe other's sparring habits to discover what techniques might work against them.
- A good KIA can momentarily distract your opponent and adds confidence and power to your attack.



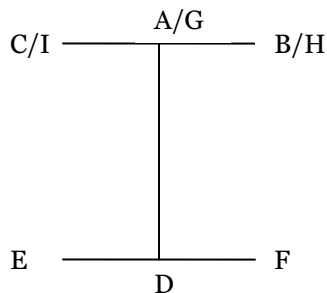
## **Forms**

Forms (*poom-sae*) are considered to be the very foundation of martial arts. Forms are formal patterns of techniques performed in continuous movement. They simulate being attacked by multiple opponents from many directions.

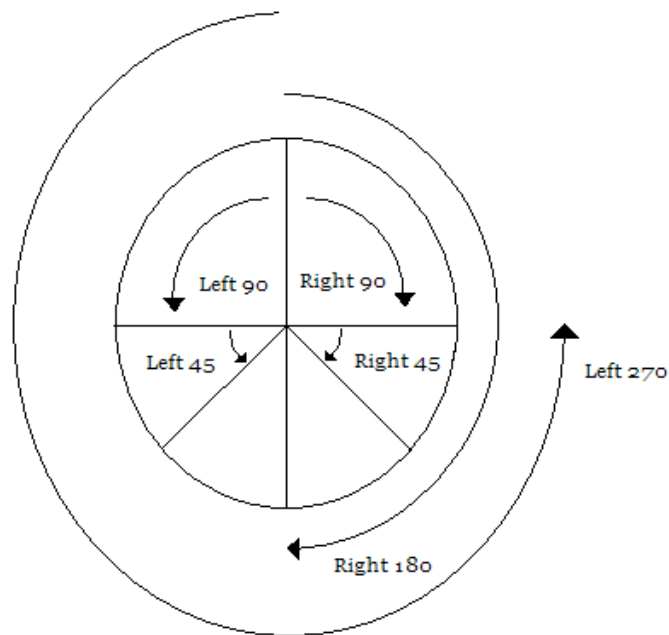
Forms are intended to train your body and mind in balance, coordination, speed, endurance, focus, and accuracy. Patience is important when learning forms – it takes repetition and concentration to memorize the steps.

The basic forms all follow the same “I” pattern. Beginners will concentrate on crisp folds, steps, and techniques in a basic rhythm. Advanced forms introduce more complex angles. Advanced students will also learn how steps and techniques can flow together in more complex rhythms.

At the end of each form, hold the last position until told to return to ready position.



Basic “I” Pattern



Angles

### **Tips**

- Complete each technique completely before moving on – do not blur your techniques together.
- Do each technique with power and focus – imagine that you have a real opponent.
- Control your breathing – breathe from your diaphragm and exhale with your techniques.



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- Be aware of your footwork – your stances are as important as your techniques. Do not add extraneous steps or movement.
- Keep your body relaxed except for the instant you finish a technique.
- On a KIA technique, KIA simultaneously with the technique, not before or after.



<b>Basic Form 1 (Gee-Cho Hyung Eel Bo)</b>				
<b>Step</b>	<b>Direction</b>	<b>Stance</b>	<b>Technique</b>	<b>Target</b>
1	Left 90°	Left front	Left down block	
2	Forward	Right front	Right punch	Solar plexus
3	Right 180°	Right front	Right down block	
4	Forward	Left front	Left punch	Solar plexus
5	Left 90°	Left front	Left down block	
6	Forward	Right front	Right punch	Solar plexus
7	Forward	Left front	Left punch	Solar plexus
8	Forward	Right front	Right punch, <b>KIA</b>	Solar plexus
9	Left 270°	Left front	Left down block	
10	Forward	Right front	Right punch	Solar plexus
11	Right 180°	Right front	Right down block	
12	Forward	Left front	Left punch	Solar plexus
13	Left 90°	Left front	Left down block	
14	Forward	Right front	Right punch	Solar plexus
15	Forward	Left front	Left punch	Solar plexus
16	Forward	Right front	Right punch, <b>KIA</b>	Solar plexus
17	Left 270°	Left front	Left down block	
18	Forward	Right front	Right punch	Solar plexus
19	Right 180°	Right front	Right down block	
20	Forward	Left front	Left punch	Solar plexus



Basic Form 2 (Gee-Cho Hyung Yee Bo)				
Step	Direction	Stance	Technique	Target
1	Left 90°	Left front	Left down block	
2	Forward	Right front	Right punch	Nose
3	Right 180°	Right front	Right down block	
4	Forward	Left front	Left punch	Nose
5	Left 90°	Left front	Left down block	
6	Forward	Right front	Right up block	
7	Forward	Left front	Left up block	
8	Forward	Right front	Right up block, <b>KIA</b>	
9	Left 270°	Left front	Left down block	
10	Forward	Right front	Right punch	Nose
11	Right 180°	Right front	Right down block	
12	Forward	Left front	Left punch	Nose
13	Left 90°	Left front	Left down block	
14	Forward	Right front	Right up block	
15	Forward	Left front	Left up block	
16	Forward	Right front	Right up block, <b>KIA</b>	
17	Left 270°	Left front	Left down block	
18	Forward	Right front	Right punch	Nose
19	Right 180°	Right front	Right down block	
20	Forward	Left front	Left punch	Nose



Basic Form 3 (Gee-Cho Hyung Sam Bo)				
Step	Direction	Stance	Technique	Target
1	Left 90°	Left back	Left outside block, then extend left arm palm of fist down.	
2	Forward	Right front	Right punch	Solar plexus
3	Right 180°	Right back	Right outside block, then extend right arm palm of fist down.	
4	Forward	Left front	Left punch	Solar plexus
5	Left 90°	Left front	Left down block	
6	Forward	Right straddle	Right side punch	Solar plexus
7	Forward	Left straddle	Left side punch	Solar plexus
8	Forward	Right straddle	Right side punch, <b>KIA</b>	Solar plexus
9	Left 270°	Left back	Left outside block	
10	Forward	Right front	Right punch	Solar plexus
11	Right 180°	Right back	Right outside block	
12	Forward	Left front	Left punch	Solar plexus
13	Left 90°	Left front	Left down block	
14	Forward	Right straddle	Right side punch	Solar plexus
15	Forward	Left straddle	Left side punch	Solar plexus
16	Forward	Right straddle	Right side punch, <b>KIA</b>	Solar plexus
17	Left 270°	Left back	Left outside block	
18	Forward	Right front	Right punch	Solar plexus
19	Right 180°	Right back	Right outside block	
20	Forward	Left front	Left punch	Solar plexus



Basic Form 4 (Gee-Cho Hyung Sa Bo)				
Step	Direction	Stance	Technique	Target
1	Left 90°	Left cat	Left outside block	
1a			Left front snap kick	Knee
1b			Right front thrust kick	Head
2	Forward	Right front	Right punch	Solar plexus
3	Right 180°	Right cat	Right outside block	
3a			Right front snap kick	Knee
3b			Left front thrust kick	Head
4	Forward	Left front	Left punch	Solar plexus
5	Left 90°	Left front	Left down block	
5a			Right front thrust kick	Head
6	Forward	Right front	Right punch	Solar plexus
6a			Left side thrust kick (Left universal fold)	Head
7	Forward	Left straddle	Left hammer fist	Shoulder high
7a			Right back kick (Right universal fold)	Groin
8	Forward	Right straddle	Right back fist	Nose
8a			Left reverse punch, <b>KIA</b>	Solar plexus
9	Left 270°	Left cat	Left outside block	
9a			Left front snap kick	Knee
9b			Right front thrust kick	Head
10	Forward	Right front	Right punch	Solar plexus
11	Right 180°	Right cat	Right outside block	
11a			Right front snap kick	Knee
11b			Left front thrust kick	Head
12	Forward	Left front	Left punch	Solar plexus
13	Left 90°	Left front	Left down block	
13a			Right front thrust kick	Head
14	Forward	Right front	Right punch	Solar plexus
14a			Left universal fold; left side thrust kick	Head
15	Forward	Left straddle	Left hammer fist	Shoulder high
15a			Right universal fold; right back kick	Groin
16	Forward	Right straddle	Right back fist	Nose
16a			Left reverse punch, <b>KIA</b>	Solar plexus
17	Left 270°	Left cat	Left outside block	





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<b>Basic Form 4 (Gee-Cho Hyung Sa Bo)</b>				
<b>Step</b>	<b>Direction</b>	<b>Stance</b>	<b>Technique</b>	<b>Target</b>
17a			Left front snap kick	Knee
17b			Right front thrust kick	Head
18	Forward	Right front	Right punch	Solar plexus
19	Right 180°	Right cat	Right outside block	
19a			Right front snap kick	Knee
19b			Left front thrust kick	Head
20	Forward	Left front	Left punch	Solar plexus



China Form				
Step	Direction	Stance	Technique	Target
1	Forward	Left front	Left outside block	
1a			Right vertical chop, <b>KIA</b>	Collarbone
1b			Left punch	Solar plexus
2	Back	Right back	Right low knife-hand block	
3	Forward	Right straddle	Right inside block	
3a			Right reverse chop, <b>KIA</b>	Neck
4	Right 90°	Right front	Rake face with right hand while stepping to right front stance, Left reverse punch	Face Solar plexus
5	Back	Left back	Left low knife-hand block	
6	Forward	Right straddle	Right inside block	
6a			Right back fist, <b>KIA</b>	Nose
7	Left 45°	Left front	Right hammer fist	Groin
7a			Push back into a right back elbow	Solar plexus
7b			Right heel kick	Groin
8	Left 180°	Left back	Left low knife-hand block	
9	Forward	Left front	Left up block	
9a			Right reverse roundhouse elbow, <b>KIA</b>	Floating ribs
9b			Left slashing roundhouse elbow, pivoting to right front stance	Floating ribs
10	Right 135°	Right front	Left reverse chop	Neck
10a			Left heel kick	Groin
11	Right 180°	Right back	Right low knife-hand block	
12	Forward	Left straddle	Left palm-heel block	Right arm
12a			Right ridge hand, <b>KIA</b>	Solar plexus
12b			Left horizontal chop, grab hair	Base of skull
12c			Right horizontal chop	Base of nose
13	Right 45°	Drop left knee	Twist neck and rake face	Neck and knee
14	Right 180°	Right back	Right outside crescent kick, Right front snap kick	Head, Solar plexus
15		Right straddle	Right downward vertical punch, <b>KIA</b>	



Advanced Form 1 ( <i>Pyung-An Cho Dan</i> )				
Step	Direction	Stance	Technique	Target
1	Left 90°	Left front	Left down block	
2	Forward	Right front	Right punch	Solar plexus
3	Right 180°	Right front	Right down block	
4		T stance (Right heel in left arch 90° angle)	Whip right fist down and continue in a circular motion into a right hammer fist.	Collarbone
5	Forward	Left front	Left punch	Solar plexus
6	Left 90°	Left front	Left down block followed by left middle knife-hand block, keeping right fist chambered.	
7	Forward	Right front	Right up block	
8	Forward	Left front	Left up block	
9	Forward	Right front	Right up block, <b>KIA</b>	
10	Left 270°	Left front	Left down block	
11	Forward	Right front	Right punch	Solar plexus
12	Right 180°	Right front	Right down block	
13	Forward	Left front	Left punch	Solar plexus
14	Left 90°	Left front	Left down block	
15	Forward	Right front	Right punch	Solar plexus
16	Forward	Left front	Left punch	Solar plexus
17	Forward	Right front	Right punch, <b>KIA</b>	Solar plexus
18	Left 225°	Left back	Left low knife-hand block	
19	Forward	Right back	Right low knife-hand block	
20	Right 90°	Right back	Right low knife-hand block	
21	Forward	Left back	Left low knife-hand block	



Advanced Form 2 (Pyung-An Yee Dan)				
Step	Direction	Stance	Technique	Target
1	Left 90°	Left back	Fold fists index knuckles together, palms back, at right hip. Left outside block and right up block simultaneously.	
1a			Drop right fist to right shoulder. Extend left arm. Right uppercut punch reinforced with left fist to right shoulder.	Chin
2		Chamber left leg and step into left straddle	Chamber left fist, extend right arm. Left side punch.	Shoulder high
3	Right 180°	Right back	Fold fists index knuckles together, palms back, at left hip. Right outside block and left up block simultaneously.	
3a			Drop left fist to left shoulder. Extend right arm. Left uppercut punch reinforced with right fist to left shoulder.	Chin
4		Chamber right leg and step into right straddle	Chamber right fist, extend left arm. Right side punch.	Shoulder high
5	Right 90°	Left Pigeon-toe stance (step in half the length of your straddle with your left foot pointing right, knees bent, feet making a right angle)	Chamber left fist palm up at hip with right hammer fist on top (palm stab fold)	
5a		Chamber right leg in Crane stance	Right side kick and right punch simultaneously.	Head high kick with arm parallel
5b		Step down feet together	Fold for left middle knife-hand block	
6	Forward	Left back	Left middle knife-hand block	
7	Forward	Right back	Right middle knife-hand block	



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## Advanced Form 2 (Pyung-An Yee Dan)

Step	Direction	Stance	Technique	Target
8	Forward	Left back	Left middle knife-hand block	
9	Forward		Right side thrust kick, <b>KIA</b>	Head
9a		Right back	Right middle knife-hand block	
10	Left 270°	Left back	Left middle knife-hand block	
11	Right 45°		Right side thrust kick	Head
11a		Right back	Right middle knife-hand block.	
12	Right 135°	Right back	Right middle knife-hand block.	
13	Left 45°		Left side thrust kick	Head
13a		Left back	Left middle knife-hand block.	
14	Left 45°	Left front	Scooping right outside block	
15	Forward	Right front	Right front thrust kick	Head
15a			Left reverse punch	Solar plexus
15b			Scooping left outside block	
16	Forward	Left front	Left front thrust kick	Head
16a			Right reverse punch	Solar plexus
16b			Fold fists knuckle to knuckle, palm down, at left hip	
17	Forward	Right front	Reinforced right outside block	
18	Left 270°	Left front	Left down block, left middle knife-hand block, keeping right fist chambered	
19	Right 45°	Right front	Right up block	
20	Right 135°	Right front	Right down block, right middle knife-hand block, keeping left fist chambered	
21	Left 45°	Left front	Left up block, <b>KIA</b>	



Jung-Yee				
Step	Direction	Stance	Technique	Target
1		Ready Stance: Knife-hand X-Block with wrists at throat level, right hand closest to body, feet together.		
2	Left 90°	Deep left back stance	Left low knife-hand block, chamber right fist. <b>KIA</b>	
2a		Deep left front stance with back leg slightly bent - heel may come up off the floor	Right punch with arm straight out from shoulder. Chamber left knife-hand to the left side of your head, palm facing in.	Solar plexus
3	Right 90°	Bring left foot back to right - resume ready stance as in step 1, but with left hand closest to body.		
4	Right 90°	Deep right back stance	Right low knife-hand block, chamber left fist.	
4a		Deep right front stance with back leg slightly bent - heel may come up off the floor	Left punch, arm straight out from shoulder. Chamber right knife-hand to the right side of your head, palm facing in.	Solar plexus
5		Bring right foot back to left - feet together	Left universal fold with left in knife-hand position.	
6	Left 90°	Left back	Left horizontal chop, chamber right fist.	Neck
6a			Fold left knife-hand to right ear as you right reverse punch.	Solar plexus
6b			Left horizontal chop, chamber right fist.	Neck
6c			Fold as for inside block with a right knife-hand.	
7	Forward	Right back	Right chop	Neck
7a			Left universal fold with left in knife-hand position.	
8	Left 270°	Left back	Left horizontal chop, chamber right fist.	Neck



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Jung-Yee				
Step	Direction	Stance	Technique	Target
8a			Right reverse punch, chamber left fist.	Solar plexus
8b			Right universal fold with right hand in knife-hand position.	
9	Forward	Right back	Right horizontal chop, chamber left fist.	Neck
9a			Left reverse punch, chamber right knife-hand to left ear.	Solar plexus
9b			Right horizontal chop, chamber left fist.	Neck
10	Left 180°	Pivot on right foot and bring left foot in - resume ready stance as in step 1.		
11	Left 90°	Deep left back stance	Left low knife-hand block, chamber right fist.	
11a		Deep left front stance with back leg slightly bent - heel may come up off the floor	Right punch, arm straight out from shoulder. Chamber left knife-hand to the left side of your head, palm facing in.	Solar plexus
12	Right 90°	Bring left foot back to right - resume ready stance as in step 3.		
13	Right 90°	Deep right back stance	Right low knife-hand block, chamber left fist.	
13a		Deep right front stance with back leg slightly bent - heel may come up off the floor	Left punch, arm straight out from shoulder. Chamber right knife-hand to the right side of your head, palm facing in.	Solar plexus
14		Bring right foot back to left foot - feet together	Left universal fold with left knife-hand.	
15	Left 90°	Left back	Left horizontal chop, chamber right fist.	Neck
15a			Fold left knife-hand to right ear as you right reverse punch.	Solar plexus



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Jung-Yee				
Step	Direction	Stance	Technique	Target
15b			Left horizontal chop, chamber right fist. Fold right fist on top of left fist at right hip (right staff fold).	Neck
16	Forward	Deep right front stance	Fist X-Block down, right fist in front.	
16a			Knife-hand X-Block up. Twist hands around, palm heels together. Chamber both hands as fists at your sides.	
16b			Right high punch, Left middle punch, Right low punch. Right staff fold.	Nose Solar plexus Groin
17	Back	Deep left front stance	Fist X-Block down.	
17a			Knife-hand X-Block up. Twist hands around, palm heels together. Chamber both hands as fists at your sides.	
17b			Right high punch, Left middle punch, Right low punch.	Nose Solar plexus Groin
17c			Bring fists up to guard.	
18	Forward	Skip right foot forward	Left front snap kick	Head
18a			Right roundhouse kick	Head
18b	Left 180°		Right tornado kick (strike left palm)	Head
19		Right straddle	Right elbow strike to left palm, <b>KIA</b>	Shoulder high
20		Deep right back stance	Right low knife-hand block, chamber left fist.	
20a		Deep right front stance with back leg slightly bent - heel may come up off the floor	Left punch, arm straight out from shoulder. Chamber right knife-hand to the right side of your head, palm facing in.	Solar plexus





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Jung-Yee				
Step	Direction	Stance	Technique	Target
21	Left 180°	Pivot on right foot and bring left foot in - resume ready stance as in step 1.		
22	Left 90°	Deep left back stance	Left low knife-hand block, chamber right fist.	
22a		Deep left front stance with back leg slightly bent - heel may come up off the floor	Right punch with arm straight out from shoulder. Chamber left knife-hand to the left side of your head, palm facing in.	Solar plexus
23	Right 90°	Bring left foot back to right - resume ready stance as in step 3.		
24	Right 90°	Deep right back stance	Right low knife-hand block, chamber left fist.	
24a		Deep right front stance with back leg slightly bent - heel may come up off the floor	Left punch, arm straight out from shoulder. Chamber right knife-hand to the right side of your head, palm facing in. <b>KIA</b>	Solar plexus



Advanced Form 3 (Pyung-An Sam Dan)				
Step	Direction	Stance	Technique	Target
1	Left 90°	Left back	Left outside block	
2	Forward	Feet together	Extend into down block position with right fist	
2a			Pivot body to the left and then back to the right - simultaneous right outside block and left down block as you center.	
2b			Pivot body to the right and then back to the left - simultaneous left outside block and right down block as you center.	
3	Right 180°	Right back	Right outside block	
4	Forward	Feet together	Extend into down block position with left fist	
4a			Pivot body to the right and then back to the left - simultaneous left outside block and right down block as you center.	
			Pivot body to the left and then back to the right - simultaneous right outside block and left down block as you center.	
5	Left 90°	Left front	Fold fists knuckle to knuckle at right hip, palms down. Reinforced left outside block.	
6	Forward	Right front	Left palm heel down block followed by right spear hand, <b>KIA</b> . (Back of left hand under right elbow.)	Bladder
7	Left 270°	Left straddle	Left hammer fist, chamber right fist. (Keep right hand in place as you turn – it will twist into place behind your back.)	Solar plexus
8	Left 90°	Right front	Right punch	Solar plexus
9	Left 180°	Feet together – bring left foot to right	Bring arms to the sides, shoulder high, elbows 90°, fists pointed up. Lower fists to your hips.	
10	Forward		Right inside crescent kick	Head



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Advanced Form 3 (Pyung-An Sam Dan)				
Step	Direction	Stance	Technique	Target
10a		Sumo stomp into right straddle	Right shoulder block, right back fist, re-chamber right fist at hip	Foot and nose
11	Forward		Left inside crescent kick	Head
11a		Sumo stomp into left straddle	Left shoulder block, left back fist, re-chamber left fist at hip	Foot and nose
12	Forward		Right inside crescent kick	Head
12a		Sumo stomp into right straddle	Right shoulder block, right back fist, leave right arm extended and rotate right fist palm down.	Foot and nose
13	Forward	Left front	Left punch and chamber right fist	Solar plexus
14	Forward	Sumo stomp into front straddle		Foot
15	Left 180°	Front straddle	Right punch over left shoulder simultaneously with left back elbow (left knife-hand palm up at hip)	Nose and solar plexus
16	Ki jump to the right	Front straddle	Left punch over right shoulder simultaneously with right back elbow, <b>KIA</b> (right knife-hand palm up at hip)	Nose and solar plexus



Advanced Form 4 ( <i>Pyung-An Sa Dan</i> )				
Step	Direction	Stance	Technique	Target
1			Fold, arms parallel, pointing to the right and down, at a 45° angle to your body. Left and right in knife-hand position.	
2	Left 90°	Left back	Simultaneous right up block and left outside block, keep hands in knife-hand position.	
3			Fold, arms parallel, pointing to the left and down, at a 45° angle to your body. Left and right in knife-hand position.	
4	Right 180°	Right back	Simultaneous left up block and right outside block, keep hands in knife-hand position.	
5			Right staff fold (Right fist on top of left fist at right hip)	
6	Left 90°	Left front	Fist X-block down.	
7	Forward	Right back	Fold fists knuckle to knuckle, palms down, at left hip (left knuckle-to-knuckle fold), reinforced right outside block	
8		Left crane stance	Fold right fist palm up at hip with left hammer fist on top (right palm stab fold). Simultaneous left punch and left side thrust kick.	Head high kick with arm parallel
9	Left 90°	Step down into left front	Right roundhouse elbow to left palm.	Shoulder high
10	Right 90°	Bring feet together, left foot to right foot	Left palm stab fold. Simultaneous right punch and right side thrust kick.	Head high kick with arm parallel
11	Right 90°	Step down into right front	Left roundhouse elbow to right palm.	Shoulder high
12	Left 135°	Left front	Simultaneous left up block with knife-hand and right horizontal chop	Neck
13			Right front thrust kick. As foot comes back to chamber, chamber fists in left knuckle-to-knuckle fold.	Head



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## Advanced Form 4 (Pyung-An Sa Dan)

Step	Direction	Stance	Technique	Target
14		Push forward into right cross step (left leg behind right)	Reinforced right back fist, <b>KIA</b>	Nose
15			Cross forearms left in front of right, fists at chin height.	
16	Left 180°	Left front	Double outside blocks, palms forward.	
17			Right front thrust kick, chamber right fist	Head
18		Step down into right front	Right punch, left punch	Solar plexus
19			Cross forearms left in front of right, fists at chin height.	
20	Right 90°	Right Front	Double outside blocks, palms forward.	
21			Left front thrust kick, chamber left fist	Head
22		Step down into left front	Left punch, right punch	Solar plexus
23	Left 45°	Left back	Right knuckle-to-knuckle fold, reinforced left outside block.	
24	Forward	Right back	Left knuckle-to-knuckle fold, reinforced right outside block.	
25	Forward	Left back	Right knuckle-to-knuckle fold, reinforced left outside block.	
26			Fold knife-hands at right hip, left hand on top of right, palms facing in.	
27	Left 45°	Left front	Head grab with both hands, pull into a right knee strike, <b>KIA</b> . Left foot should pivot counterclockwise 90° during the knee strike. Step down feet together.	Face
28	Left 90°	Left back	Left middle knife-hand block	
29	Right 90°	Right back	Right middle knife-hand block	



Advanced Form 5 (Pyung-An Oh Dan)				
Step	Direction	Stance	Technique	Target
1	Left 90°	Left back	Left universal fold - left outside block	
2			Right reverse punch, chamber left fist	Solar plexus
3	Right 90°	Feet together, right to left	Left guard at shoulder height, chamber right fist	
4	Right 90°	Right back	Right universal fold - right outside block	
5			Left reverse punch, chamber right fist	Solar plexus
6	Left 90°	Feet together, left to right	Right guard at shoulder height, chamber left fist	
7			Left knuckle-to-knuckle fold (fists at left hip knuckles together, palms down)	
8	Forward	Right front	Reinforced right outside block	
9			Right staff fold	
10	Forward	Left front	Fist X-block down, right on top of left	
11			Knife-hand X-block up, left in front of right	
12			Rotate hands palm to palm. Pivot hands in clockwise rotation keeping base of palms together at all times. Ends with left hand on top. Move about halfway towards your right shoulder. Grab with right hand and pull to chamber as left hand chops horizontal.	Neck
13	Forward	Right front	Right punch, <b>KIA</b>	Solar plexus
14			Right universal fold	
15	Left 180°	Right straddle	Right low hammer fist	
16			Right universal fold with left knife-hand	
17		Left straddle	Left backhand strike, arm straight out from the shoulder	Face
18	Left 180°		Right inside crescent kick, striking your left palm	
19		Right straddle	Right elbow strike to left palm	Shoulder high



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# Student Guide

## Advanced Form 5 (Pyung-An Oh Dan)

Step	Direction	Stance	Technique	Target
20	Right 90°	Right cross step (left foot behind right)	Reinforced right back fist	Nose
21	Left 180°	Left cat stance	Clear by raising the reinforced back fist high	
22	Left 180°	Right cross step	Turning jump (Small step with left foot to push off. Right leg leads as you turn. Arms swing down then up to help gain height.) Land and fist X-block down, <b>KIA</b> .	
23			Left knuckle-to-knuckle fold	
24	Right 90°	Right front	Reinforced right outside block	
25			Fold left knife-hand in a vertical guard, chamber right fist	
26	Left 180°	Left front	Right low palm heel thrust reinforced with left palm heel to right shoulder	Groin
27		Left back	Right grab, pull up and behind your head as your left knife-hand chops down. (Right palm facing your head.)	
28	Right 90°	Feet together	Extend the right arm so that it is extended fully, 45° upwards, and the left arm is 45° downwards.	
29			Cross forearms left in front of right, fists at chin height, palms facing your body.	
30	Left 180°	Pivot on balls of your feet – feet together with outside edges touching, left ankle in front of right.	Clear your arms forcefully to your sides. Arms should be straight out from your shoulders, elbows bent 90° with fists pointing up, palms forward.	
31			Chamber left fist.	
32	Right 90°	Right front	Left low palm heel reinforced with right palm heel to left shoulder	Groin



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**Advanced Form 5 (Pyung-An Oh Dan)**

Step	Direction	Stance	Technique	Target
33		Right back	Left grab, pull up and behind your head as your right fist blocks down. (Left palm facing your head.)	