

## Red Belt Curriculum

### Chung Mu

- Twin Knife Hand Block:** Form a triangle with your hands at your belt, turn to the left (90) and step with your left foot into a back stance. Twin knife hand block with your left hand forward.
- Guarding Chop:** Step forward with your right foot into a front stance. Guarding chop with your right hand forward.
- Knife Hand Middle Block:** Turn to the right (180) and step with your right foot into a back stance. Knife hand middle block with your right hand forward.
- Spear Hand Thrust:** Step forward with your left foot into a front stance. Spear hand thrust with your left hand, palm horizontal.
- Knife Hand Middle Block:** Turn to the left (90) and step with your left foot into a back stance. Knife hand middle block with your left hand forward.
- Side Kick/Back Fist, Knife Hand Middle Block:** Turn to the right (180), simultaneously side kick with your right foot and back fist with your right hand. Step down with your right foot into a back stance. Turn to the left (180) and knife hand middle block with your left hand forward.
- 2 Steps, Flying Side Kick, Knife Hand Middle:** Step forward with your right foot and then your left foot and flying side kick with your right foot. Kihap. Land with your right foot forward in a back stance. Knife hand middle block with your right hand forward.
- Down Block:** Turn to the left (270) and step with your left foot into a back stance. Down block with your left hand.
- Twin Spear Hand Thrust:** Form a triangle with your hands at your belt and shift your left foot into a front stance. Twin spear hand thrust with both hands.
- Head Smash, Ridgehand:** Bring your right knee forward and head smash by slapping your hands to your right knee. Step forward with your right foot, and turn to the left (180) into a front stance. Ridgehand with your right hand, supporting it with your left hand at your right elbow.
- Traditional Round Kick, Spin Back Kick:** Bring your hands up into a traditional fighting stance. Traditional round kick with your right foot and step forward with it. Spin back kick with your left foot. Turn to the right (180) and stand in a traditional fighting stance, right hand forward.
- Traditional Round Kick:** Traditional round kick with your left foot and step down with your left foot touching your right foot. Turn to the right (90) and form a triangle with your hands at your left side.
- Twin Bo Block:** Step forward with your right foot into a back stance. Twin bo block with your right hand forward.

**(360) Jump, Knife Hand Middle Block:**

Jump in the air and spin to the left (360). Land facing forward with your right foot forward in a back stance. Knife hand middle block with your right hand forward.

**Reverse Guarding Spear Hand Thrust:**

Step forward with your left foot into a front stance and open your arms so your left hand points down and your right hand points up. Reverse guarding spear hand thrust with your right hand, bringing your left hand to your neck.

**Groin Rip, Down Block:**

Shift your left foot into a back stance. Groin rip with your right hand and down block with your left hand. Your right palm should face backwards.

**Spear Hand Thrust:**

Step forward with your right foot into a front stance. Spear hand thrust with your right hand. Kihap.

**Double Outside Block:**

Turn to the left (270) and step with your left foot into a front stance. Double outside block with your left hand forward.

**Temple Smash, Back Fist Smash:**

Step forward with your right foot into a back stance. Temple smash with your right hand. Back fist smash with your right hand.

**Side Kick, Side Kick, X Block Middle:**

Turn to the left (180), side kick with your right foot and step forward. Side kick with your left foot and step forward into a back stance. Turn to the right (180) and X block middle with both hands.

**Double Arm Break:**

Step forward with your left foot into front stance. Double arm break with both hands.

**Upper Block, Reverse Punch:**

Turn to the right (180) and shift your right foot into a front stance. Upper block with your right hand. Reverse punch with your left hand. Kihap.

### **Self Defense 11: Hook Punch**

Outside block with you left against attackers right hand punch. As you block circle the arm and create arm bar. With arm bar in place palm strike with right hand to attackers nose while foot sweeping with your right foot. Release as attacker falls.

### **One Step Sparring # 11**

- Start at ready position
  - No leap
- Inside crescent kick (L)
  - Spin wheel kick (R)
- Iron broom sweep (R)
  - Axe kick (R)

### **Advanced Wheel Kick Combination**

- Jump Back Kick ( R )
  - Pop Up Hook ( R )
- 360 Jump Wheel Kick ( R )
  - Double punch, Kihap