

Arizona Fighting Arts Federation

Chun Kuk Do

Beginner Handbook



Student Name: _____

Start Date: _____

Rank Finished

Gold: Date: _____

Gold/Purple Date: _____

Purple Date: _____

Purple/Orange Date: _____

Orange Date: _____

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Tenants of AFAF

Integrity

Concentration

Perseverance

Respect and Obedience

Humility

Self Control

Honor Friendship

Obedience to Parents

No retreat in Battle

Loyalty to Country

In Fighting Choose with Sense and Honor

Indomitable Spirit

U.F.A.F. CODE OF ETHICS

1. I will develop myself to the maximum of my potential in all ways.
2. I will forget the mistakes of the past and press on to greater achievements.
3. I will always be in a positive frame of mind and convey this feeling to every person I meet.
4. I will continually work at developing love, happiness, and loyalty in my family and acknowledge that no other success can compensate for failure in the home.
5. I will look for the good in all people and make them feel worthwhile.
6. If I have nothing good to say about a person, I will say nothing.
7. I will give so much time to the improvement of myself that I will have no time to criticize others.
8. I will be as enthusiastic about success of others as I am about my own.
9. I will maintain an attitude of open-mindedness toward another person's viewpoint while still holding fast to what I know to be true and honest.
10. I will maintain respect for those in authority and demonstrate this respect at all times.
11. I will always remain loyal to my country and obey the law of the land.
12. I will remain highly goal-oriented throughout my life because that positive attitude helps my family, my country, and myself.

CREED OF THE UNITED FIGHTING ARTS FEDERATION

We believe that developing discipline, integrity, loyalty, and respect in the lives of our individual members and in our organization as a body, propels individuals toward success in life, and has a positive influence on society at large.

- A. **Discipline** - We believe that discipline is a key ingredient for success in life. Discipline is demonstrated and fostered through accepting teaching; abiding by UFAF's rules, guidelines, and standards of quality training; accommodating the requirements of our art with exactness; and applying these principles to the accomplishment of goals, and to the control of one's basic emotions.¹ We believe that setting and accomplishing goals builds discipline. Our system cultivates the disciplined use of visualization, determination, and persistence to overcome obstacles.
- B. **Integrity** - We believe in being sincere and honest in relationships and dealings with others, and in maintaining high moral principles in daily living.
- C. **Loyalty** - We believe in being true to oneself, one's family, and one's country, and in faithfully supporting the United Fighting Arts Federation.
- D. **Respect** - We believe in demonstrating the highest respect for ourselves, for other people - regardless of their station or condition - and for our art. We hold in high regard the history and legacy of our system, and esteem it an honor to teach, and be taught, the art of Chun Kuk Do.

CODE OF CONDUCT OF THE UNITED FIGHTING ARTS FEDERATION

- A. **Service** - Give unselfishly of one's time and abilities in the service of others, and encourage others to do the same.
- B. **Respect** - Show respect for the seniority ranking system and honor senior ranking members. Show respect for self, other students, and all human beings. Show respect for the system by giving one's best efforts, and for one's school by maintaining a clean, orderly place to train.
- C. **Honesty** - Personal, business, and family lives will be conducted honestly and uprightly, without lying, cheating, or stealing.
- D. **Self Improvement** - Develop habits of life-long learning and self-improvement, and practice these principles in personal and family life.
- E. **Health** -Safeguard our skills and our lives by avoiding harmful practices such as smoking, drug abuse, and excessive use of alcohol.
- F. **Loyalty** - Support the Chun Kuk Do System, the United Fighting Arts Federation, one's instructor, school, and fellow students in word and in deed.
- G. **Character** - Reflect honor and respect on the martial arts and on the United Fighting Arts Federation by living a clean and upstanding life.
- H. **Control** - Use discipline in controlling one's basic emotions such as anger and fear. Show respect for others by learning and exercising control of techniques while training. Understand the effect one's actions have on others.
- I. **Courage** - Develop courage by confronting fears and influences that can cause mental, emotional, spiritual, or physical failure or defeat.
- J. **Sincerity** - Demonstrate sincerity by carrying the values of the United Fighting Arts Federation into personal life.

SCHOOL RULES AND REGULATIONS

No profanity in the studio.

No smoking in the studio.

Only approved shoes are to be worn on the mat.

Everyone will bow before entering and when leaving the mat area.

All instructors will be addressed as "Mr.," "Mrs.," or "Ms."

When a higher-ranking black belt member enters a studio with a class in session, the instructor will stop the class and acknowledge his/her presence by having the class bow.

No student shall join or leave a class in progress without the instructor's permission.

Students will not free spar without complete protective safety equipment.

No student will ask or challenge a higher-ranking belt to free spar.

No jewelry will be worn during class.

Students will not chew gum during class.

Absolutely no horseplay allowed.

Students will always work out in a clean uniform.

Students will always keep fingernails and toenails trimmed.

No student will test for promotion if behind on lessons or payments.

Parents shall not interfere with the instruction of any student nor discipline any student in the school.

Any concerns or comments are to be brought to the attention of Mr. Potter or Mr. Munding only for discussion.

All disciplinary matters will be immediately brought to the attention of Mr. Potter or Mr. Munding only.

Major disciplinary matters will be taken before the AFAF Black Belt Board for discussion and recommendation of disciplinary action. The decision of the board is final.

Techniques for White through Orange

Stances

Choombee – Charyet – Kunyet – Horse Stance – Side Stance – Front Stance –
Back Stance – Fighting Stance

Basics – All basics can be performed in a front, back, or fighting stance. Unless otherwise noted.

Blocks

High – Knife Hand – Low – Inside – Outside

Strikes

Center Punch – High Punch – Low Punch – Reverse Punch – Jab – Stepping Side
Punch – Hammer Fist – Back Knuckle – Downward Back Knuckle – Knife Hand
Chop – Inside Chop – Downward Chop – Spinning Knife Hand Chop – Center
Reinforced Chop, Low Reinforced Chop – Across Elbow – Upward Elbow –
Downward Elbow - Palm Heel to Face, Body, and Groin - Bottom Fist – Spinning
Bottom Fist - Low Reinforced Chop

Kicks

Front Kick – Side Kick – Round Kick – Stepping Back Kick

Forms

Form 1 - Geicho Hyung Il Bu
Form 2 - Geicho Hyung Yi Bu
Form 3 - Geicho Hyung Yi Bu Sang Gup
Form 4 - Geicho Hyung Sahn Bu
Form 5 - Pyong An Cho Dan

Jump Kicks

Phase 1-4 Front Kick
Flying Side Kick

One Steps

Basic One Step 1
Basic One Step 2
Basic One Step 3
Basic One Step 4

BASICS

Stances



Choombee – This is the ready position. Your feet are parallel, with the outside edges of each foot in a straight line. Stand with your feet are no wider than your shoulders and no narrower than your hips and your knees are slightly bent.



Charyet – This is the attention position. From the Choombee position you move your left foot along side of your right foot with the insides of each foot touching the other. Your arms are along side of your body with your hands flat on the sides of your legs.



Kunyet – Proper bowing is a show of respect towards another person. To bow correctly, you must come into the Charyet position. The bend at your waist looking towards the floor, you should bend your body between 60 – 90 degrees, and return to an upright position.



Parro – Return to Ready position



Front Stance – From the Choombee position, while maintaining the spacing between your feet, slide your left foot forward approximately 1 ½ times your normal step when walking.

Your front foot points straight ahead and your front knee is bent so that when you look down at your front foot, you should only be able to see your part of your big toe nail.

Keep your front knee in line directly above your foot/ankle. Your rear foot is pointing straight ahead and your rear knee is locked out and straight. Your weight is forward with 65-70% on your front leg.



Back Stance – From a front stance position, your front knee remains bent and your knee remains in line directly above your foot/ankle and your front foot pointing straight ahead. Pivot your rear foot 90 degrees pointing to the outside of your body. Shift your body weight from your front foot to your rear foot. 65-70% of your weight is over the back leg. When you shift your weight your rear hip and both knees out, and ankle are in a straight line as if you were leaning against a wall.



Fighting Stance- From a Choombee position continue looking forward. Pivot both feet 45 degrees to the right. Your left fist is up to protect your face and your right hand is at your belt level to protect your stomach and groin.



Horse Stance – Both feet are parallel pointing straight forward. Your feet are placed as far apart from each other as you can go while keeping your knees directly above your ankles. Keep your shoulders back and tuck your bottom in line under your shoulders.

Side Straddle Stance is a horse stance but looking over your shoulder to the side

Blocks



High – Jam with your left hand at your opponent's solar plexus and load your left hand across your midsection with your palm facing the ceiling.



Slowly bring your right arm up along your body until you can not go any higher. At that point you punch toward the ceiling rotating your hand so that your palm is facing out. Your block stops with your fist directly above your nose and your arm at a 45 degree angle. At the same time you recoil your jam into a chambered position for a punch.



Low – Jam with your left hand at your opponent's solar plexus. Load your right fist up and along side your left ear.



Keeping your elbow in place, rotate your fist out and down toward the outside of your body. Your arm and fist lock out approximately 6 inches directly above your right leg.



Inside – Jam with your left hand at your opponent’s solar plexus. Load your right hand palm out, your upper right arm is parallel to the floor and your forearm and fist is pointing toward the ceiling at a 45 degree angle to your upper arm.



Keeping your upper arm parallel to the floor and your forearm in position, rotate your arm forward at the shoulder. When your fist is directly in front of your nose, snap your wrist so that you palm is now facing you and stops just to the outside edge of your face. If done correctly, your arm will be forward at a 45 degree angle, your fist will be eye level and just at the outside edge of your face.



Outside – Jam with your left hand at your opponent’s solar plexus. Load your right arm directly across your midsection with your fist palm down towards the floor.



Keeping your upper arm stationary, rotate your forearm up. Keep rotating it until your fist is in line with your nose. Once your fist is in line with your nose, snap your wrist so your palm is facing toward you and just to the outside edge of your face. If done correctly, your arm will be forward at a 45 degree angle, your fist will be eye level and just at the outside edge of your face.



Knife Hand – Jam with your left hand at your opponent's solar plexus. Load your right hand up next to your left ear. Your hand is open and flat with your palm facing your ear.



Keeping your elbow still rotate your right hand out and away from your head stopping at a 45 degree angle away from your body and the tips of your fingers at eye level.



Low Reinforced Chop – This technique is done in a back stance. Begin with your right foot forward in a back stance. Load your right hand up next to your right ear.



Your hand is open and flat with your palm facing your ear. Reach to the left and to the rear 180 degrees with your right arm slightly bent and hand flat and open with your palm facing your ear and your left hand flat and open with the palm facing the floor. Your left arm is parallel with your right arm and your left finger tips should be at eye level.



Keeping both upper arms stationary rotate your left hand out and down toward the outside of your body. Your arm and fist lock out approximately 6 inches and directly above your left leg. At the same time rotate your right hand in and up with the outside edge of your right hand stopping at your solar plexus, your palm is flat and facing the ceiling.

Strikes



Center Punch – Jam with your left fist at your opponent's solar plexus. Your right fist is chambered on your right side. Your chambered fist must be above your belt and back in line with the seam of your jacket. When you punch, your right fist and arm drag in a straight line along the right side of your body. Your palm remains up until your elbow loses contact with your body, at that point you snap your wrist so that your fist is palm down. At the same time you retract your jam hand along the right side of your body. When your right elbow comes in contact with your body, snap your wrist so that your palm is facing up toward the ceiling, in a proper chambered position. You finish with your left fist chambered and your right arm locked out with your right fist in your opponent's solar plexus where your jam had been.



High Punch – This is the same as a center punch except your punch is aimed at your opponent's nose.



Low Punch – This is the same as a center punch except your punch is aimed at your opponent's groin.



Reverse Punch – Beginning in a left front stance, jam with your left hand at your opponent's solar plexus. Your right fist is chambered on your right side. Your chambered fist must be above your belt and back in line with the seam of your jacket. When you punch your right fist and arm drag in a straight line along the right side of your body. Your palm remains up until your elbow loses contact with your body, at that point you snap your wrist so that your fist is palm down. At the same time you retract your jam hand along the left side of your body. When your left elbow comes in contact with your body, snap your wrist so that your palm is facing up toward the ceiling, in a proper chambered position. You finish with your left fist chambered and your right arm locked out with your right fist in your opponent's solar plexus where your jam had been.



Jab – This technique begins in a left front stance and finishes in a right back stance. Your right fist is chambered on your right side. Your chambered fist must be above your belt and back in line with the seam of your jacket. When you punch your right fist and arm drag in a straight line along the right side of your body. Your palm remains up until your elbow loses contact with your body, at that point you snap your wrist so that your fist is palm down. At the same time you retract your jam hand along the left side of your body. When your left elbow comes in contact with your body, snap your wrist so that your palm is facing up toward the ceiling, in a proper chambered position. You finish with your left fist chambered and your right arm locked out with your right fist focused at your opponent's nose.



Hammer Fist – Jam with your left hand at your opponent's solar plexus. Load your right hand palm out, your upper right arm is parallel to the floor and your forearm and fist is pointing toward the ceiling at a 30-45 degree angle to your upper arm. Keeping your upper arm parallel to the floor and your forearm in position, rotate your arm forward at the shoulder. When your fist is directly in front of your shoulder, snap your wrist so that you palm is now facing you and stops just to the outside edge (right side) of your opponent's head focused at the

temple. If done correctly, your arm will be forward at a 45 degree angle, your fist will be eye level and just at the right temple of your opponent.

Stepping Side Punch – This technique is performed in a Side Straddle Stance



Footwork: Pivot to the right on the heel of the right foot and the ball of the left foot. Step back with the right foot setting the right foot down straight in line and behind the left. When your foot make contact with the floor pivot around to the right into a horse stance.



Hand technique: Jam with your left fist at your opponent's solar plexus and your right fist is chambered. After stepping through with your right foot and as your body begins to pivot, punch with your right fist, dragging your right elbow along the right side of your body. As your elbow loses contact with your body, snap your wrist so that your fist rotates palm down. Your punch locks out straight forward focused at your opponent's armpit and your right fist is chambered at the same time that your horse stance locks out.



Back Knuckle – Jam with your left hand at your opponent’s solar plexus. Load your right fist up and along side your left ear palm out. Keeping your elbow in place, rotate your fist out and down toward your opponent’s head. Your arm and fist lock out with the knuckles of your right fist striking your opponent’s right temple.



Downward Back Knuckle – Jam with your left hand at your opponent’s solar plexus. Load your right fist up and along side your left ear palm out. Keeping your elbow in place, rotate your fist out and down toward your opponent’s nose. Your arm and fist lock out with the knuckles of your right fist striking the bridge of opponent’s nose.



Knife Hand Chop – Jam with your left hand at your opponent’s solar plexus. Load your right hand and along side your left ear palm in. Keeping your elbow in place, rotate your fist out and down toward your opponent’s neck. Your arm and fist lock out with the blade of your right hand striking the right side of your opponent’s neck.



Inside Chop – Jam with your left hand at your opponent’s solar plexus. Load your right hand palm out, your upper right arm is parallel to the floor and your forearm and your fingers are pointing toward the side of your head at 45 degree angle to your upper arm. Keeping your upper arm parallel to the floor and your forearm in position, rotate your arm forward at the shoulder. When your hand is directly in front of your shoulder, snap your wrist so that you palm is now facing up and strikes the left side of your opponent’s neck. If done correctly, your arm will be forward at a 45 degree angle, your hand will be flat, palm up at the left side of your opponent’s neck.



Downward Chop – Jam with your left hand at your opponent’s solar plexus. Load your right hand palm out, your upper right arm is parallel to the floor and your forearm and your fingers are pointing toward the side of your head at 45 degree angle to your upper arm. Keeping your upper arm parallel to the floor and your forearm in position, rotate your arm forward at the shoulder. When your hand is directly in front of your shoulder, snap your wrist so that you palm is now facing to the left and strikes the right collar bone of your opponent. If done correctly, your arm will be forward at a 45 degree angle, your hand will be flat, palm to the right striking your opponent’s collar bone.



Across Elbow – Jam with your left fist at your opponent’s solar plexus. Your right fist is chambered on your right side. Your chambered fist must be above your belt and back in line with the seam of your jacket. Rotate your chambered arm out and forward with your elbow leaving your body horizontally. Your right fist rotates so that your palm is facing the floor. At the same time you retract your jam hand along the left side of your body. When your left elbow comes in contact with your body, snap your wrist so that your palm is facing up toward the ceiling, in a proper chambered position. You finish with your left fist chambered and your right elbow locked out striking your opponent’s chin with the point of your elbow.



Upward Elbow – Jam with your left fist at your opponent’s solar plexus. Your right fist is chambered on your right side. Your chambered fist must be above your belt and back in line with the seam of your jacket. You rotate your chambered arm forward and up with your elbow leaving your body. Your right fist stays in position. At the same time you retract your jam hand along the left side of your body. When your left elbow comes in contact with your body, snap your wrist so that your palm is facing up toward the ceiling, in a proper chambered position. You finish with your left fist chambered and your right elbow locked out striking underneath your opponent’s chin with the point of your elbow.



Downward Elbow – Jam with left right fist at your opponent’s solar plexus. Extend your right arm above your head with your palm facing forward. Pull down with your right arm bringing your elbow straight down. When your fist is level with the top of your head snap your wrist so that your fist turns palm in towards you. At the same time you retract your jam hand along the right side of your body. When your left elbow comes in contact with your body, snap your wrist so that your palm is facing up toward the ceiling, in a proper chambered position.



Palm Heel to Face – Jam with your left fist at your opponent’s solar plexus. Your right fist is chambered on your right side. Your chambered fist must be above your belt and back in line with the seam of your jacket. When you punch, your right fist and arm drag in a straight line along the right side of your body. Your palm remains up until your elbow loses contact with your body, at that point you snap your wrist and open your fist so that your palm is facing forward. At the same time you retract your jam hand along the left side of your body. When your left elbow comes in contact with your body, snap your wrist so that your palm is facing up toward the ceiling, in a proper chambered position. You finish with your left fist chambered and your right arm locked out with your right palm striking your opponent’s nose.



Palm Heel to Body – Jam with your left fist at your opponent’s solar plexus. Your right fist is chambered on your right side. Your chambered fist must be above your belt and back in line with the seam of your jacket. When you punch, your right fist and arm drag in a straight line along the right side of your body. Your fist remains palm up until your elbow loses contact with your body, at that point you snap your wrist and open your fist so that your palm is facing to the left. At the same time you retract your jam hand along the left side of your body.

When your left elbow comes in contact with your body, snap your wrist so that your palm is facing up toward the ceiling, in a proper chambered position. You finish with your left fist chambered and your right arm locked out with your right palm striking your opponent's ribs.



Palm Heel to Groin – Jam with your left fist at your opponent's solar plexus. Your right fist is chambered on your right side. Your chambered fist must be above your belt and back in line with the seam of your jacket. When you punch, your right fist and arm drag in a straight line along the left side of your body. Your right fist remains palm up until your elbow loses contact with your body, at that point you snap your wrist and open your fist so that your palm is facing up. At the same time you retract your jam hand along the left side of your body. When your right elbow comes in contact with your body, snap your wrist so that your palm is facing up toward the ceiling, in a proper chambered position. You finish with your left fist chambered and your right arm locked out with your right palm striking your opponent's groin.

Bottom Fist – Jam with your left hand at your opponent's solar plexus. Load your right fist up and along side your right ear. Keeping your elbow in place, rotate your fist out and forward toward your opponent's head. Your arm and fist lock out with the bottom of your right fist striking your opponent's left temple.



Spinning Bottom Fist – This technique is performed in a side straddle stance. Begin in a side straddle stance facing to the left.



Footwork: Pivot to the right on the heel of the right foot and the ball of the left foot. Step back with the right foot setting the right foot down straight in line and behind the left. When your foot make contact with the floor pivot around to the right into a side straddle stance.



Hand Techniques: Load your arms parallel to the floor with your striking arm on top. Your right fist is directly above and perpendicular to your left elbow with your right palm facing you. Your left fist directly beneath your right elbow facing palm down.

When your right foot touches the floor and your body begins to pivot to the right, keeping your right arm parallel to the floor, extend your right arm out to your right side. When your right fist is even with your shoulder, snap your wrist so your fist is palm down. Your right arm locks out with the bottom of your fist striking your opponent's temple. At the same time that your right fist is striking your opponent and that your side straddle stance locks out completely, your left fist is chambered.



Spinning Knife Hand Chop – This technique is performed in a horse stance. Begin in a side straddle stance facing to the right.



Footwork: Pivot to the right on the heel of the right foot and the ball of the left foot. Step back with the right foot setting the right foot down straight in line and behind the left. When your foot make contact with the floor pivot around to the right into a side straddle stance.



Hand Techniques: Load your arms parallel to the floor with your striking arm on top. Your striking hand is directly above and perpendicular to your left elbow with your right palm facing you. Your left fist is loaded directly beneath your right elbow facing palm down. When your right foot touches the floor and your body begins to pivot to the right, keeping your right arm parallel to the floor, extend your right arm out to your right side. When your right fist is even with your shoulder, snap your wrist so your hand is palm down. Your

right arm locks out with the bottom of your hand striking your opponent's neck.

At the same time that your right hand is striking your opponent and that your side straddle stance locks out completely, your left fist is chambered.

Kicks (All kicks will be described from a left hand left foot forward front stance)

Front Kick



Load: Your kicking leg loads in front of your body with your knee up as high as it can go. Your lower leg hangs straight down from your knee. Your foot is flat, parallel to the floor, with your toes pulled back



Kick: Thrust your hips forward and your foot out straight in front of you. Your foot is pointed forward with the toes pulled back striking your target with the ball of your foot. Toes are up. To generate maximum power your floor foot must be pointed straight forward towards your target.



Recoil: Immediately after striking its target recoil your foot and leg back and your hips to their original loaded position. The recoil must be as fast as or faster than the kick. To ensure full recoil, try to strike your supporting leg with the heel of your kicking foot.

Round Kick



Load: You kicking leg loads in front of your body with the leg and foot parallel to the ground.



Kick: Your kick and your power travels in the direction that the knee is pointed. Your foot can be either pointed forward for an instep kick or a ball of the foot kick. In both types of kicks your foot is pointed parallel to the floor. Your supporting foot is turned approximately 90 degrees from center. When extended, your leg will be positioned so that you ankle, knee, hip, and shoulders are in a straight line.



Recoil: Immediately after striking its target recoil your foot back to its original loaded position. To ensure full recoil, try to strike your bottom with your heel of your kicking foot.

Side Kick



Load: Your kicking leg is loaded the same as the front kick with one variation. Your knee is moved slightly inside the center line of you body to protect your groin. Your floor foot is turned 90 degrees to your open side



Kick: Thrust your hip and heel of your kicking foot forward while pivoting 90-180 degrees on the supporting foot until the supporting foot is pointed away from the target. When extended, your kicking foot is pointed down 45 degrees and your heel extended out towards your target with your ankle, knee and hip in a straight line.



Recoil: Immediately after striking your target, recoil your foot back to its original loaded position. The faster you recoil the more your foot it will assist in turning your body back into its original position.

Stepping Back Kick



Load: Pivot on both feet 180 degrees pointing the heel of your lead foot (right foot) toward your target. Through out the load keep looking over your right shoulder. Step toward the target with your right left placing it down with the left heel pointing toward your target. Lift your right knee up keeping your foot hanging directly below the knee with your foot flat and toes pulled up.



Kick: Thrust your right foot and heel to the rear and towards your target. Your right knee moves out slightly when you begin the kick (Traditional).



When extended, the toes of your right foot are pointed down towards the floor with your heel extended. Your ankle knee and hip are in a straight line.



Recoil: Immediately after striking your target, recoil your foot back to a side kick load position. When you are recoiling your kick your body will pivot on your left foot 180 degrees so that you are facing your target with your knee up and to the inside the body with the leg and foot directly below the knee with your toes pulled up. The faster you recoil your kick the easier it will be to pivot your body into proper position.

GIECHO HYUNG ILBU



Choombee



Look left. Jam and load for a left low block.



Step counterclockwise 90 degrees into a left front stance and execute a left low block.



Left jam and load.



Step with the right foot into a right front stance and execute a stepping center punch.



Look right. Jam and load for a right low block.



Pivot clockwise 180 degrees on left foot into a right front stance and execute a low block.



Right jam and load.



Step with left leg into a front stance and execute a stepping center punch.



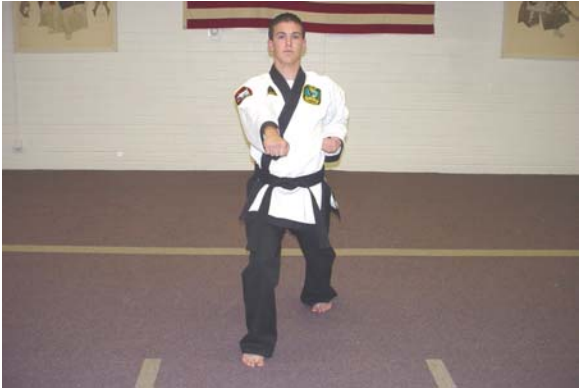
Look left. Jam and load for a left low block.



Step counter clockwise 90 degrees into a left front stance and execute a left low block.



Left jam



Stepping with the right leg into a right front stance and execute a stepping center punch.



Step with your left leg into left front stance and execute a left stepping center punch.



Step with right leg into right front stance and execute a stepping center punch and KIAI!



Look left. Jam and load for a left low block.



Pivot counter clockwise 270 degrees on right foot into a left front stance and execute a left low block.



Left jam



Step with right leg into a right front stance and execute a stepping center punch.



Look right. Jam and load for a right low block.



Pivot clockwise 180 degrees on left foot into a right front stance and execute a right low block.



Right jam



Step with left leg into a front stance and execute a stepping center punch.



Look left. Jam and load for a left low block.



Step counter clockwise 90 degrees on right foot into a left front stance and execute a left low block.



Left jam.



Step with right leg into a right front stance and execute a stepping center punch.



Step with left leg into a left front stance and execute a stepping center punch.



Step with right leg into a right front stance and execute a stepping center punch and KIAI!



Look left. Jam and load for a left low block.



Pivot counter clockwise 270 degrees on right foot into a left front stance and execute a left low block.



Left jam.



Step with right leg into a right front stance and execute a stepping center punch.



Look right. Jam and load for a right low block.



Pivot clockwise on left foot 180 degrees into a right front stance and execute a right low block.



Right jam.



Step with left leg into a left front stance and execute a stepping center punch.



Look left. Parro.

GIECHO HYUNG YIBU



Choombee



Look left. Jam and load for a left low block.



Step 90 degrees counter clockwise into a left front stance and execute a left low block.



Left jam.



Step into a right front stance while simultaneously executing a head high, stepping high punch.



Look right. Jam and load for a right low block.



Pivot 180 counter clockwise on left foot into a right front stance and execute a right low block.



Right jam



Step into a left front stance while simultaneously executing a left stepping high punch.



Look left. Jam and load for a left low block.



Without moving the right foot, step 90 degrees to the left into a left front stance and execute a left low block.



Jam and load for a right inside block.



Step forward into a right front stance and execute a right inside block.



Jam and load for a left high block.



Step forward into a left front stance and execute a left high block.



Jam and load for a right outside block.



Step forward into a right front stance and execute a right outside block and KIAI!



Look left. Jam and load for a left low block.



Pivot 270 degrees counter clockwise on right foot into a left front stance and execute a left low block.



Left jam



Step into a right front stance while simultaneously executing a right stepping high punch.



Look right. Jam and load for a right low block.



Pivot 180 degrees clockwise on left foot into a right front stance and execute a right low block.



Right jam.



Step into a left front stance while executing a left stepping high punch.



Look left. Jam and load for a left low block.



Without moving the right foot, step 90 degrees to the left into a left front stance and executing a left low block.



Jam and load for a right inside block.



Step forward into a right front stance and execute a right inside block.



Jam and load for a left high block.



Step forward into a left front stance and execute a left high block.



Jam and load for a right outside block.



Step forward into a right front stance and execute a right outside block. KIAI!



Look left. Jam and load for a left low block.



Pivot 270 degrees counter clockwise on the right foot into a left front stance and execute a left low block.



Left jam



Step forward into a right front stance while simultaneously executing a right stepping high punch.



Look right. Jma and load for a right low block.



Pivot 180 degrees clockwise on the left foot into a right front stance and execute a right low block.



Right jam.



Step into a left front stance while executing a left stepping high punch.



Look left. Parro

GIECHO HYUNG YIBU SANG GUP



Choombee



Look left. Jam and load for a left low block.



Step 90 degrees counter clockwise into a left front stance and execute a left low block.



Left jam



Execute a right stepping front kick with full recoil



Step down into a right front stance while simultaneously executing a right stepping high punch.



Look right. Jam and load for a right low block.



Pivot 180 degrees clockwise on left foot into a right front stance and execute a right low block.



Right jam



Execute a left stepping front kick with full recoil



Step down into a left front stance while simultaneously executing a left stepping high punch.



Look left. Jam and load for a left low block.



Without moving the right foot, step 90 degrees to the left into a left back stance while simultaneously executing a left low block.



Follow immediately with a right reverse punch shifting into a left front stance.



Jam and load for a right inside block.



Step forward into a right back stance and execute a right inside block.



Follow immediately with a left reverse punch shifting into a right front stance.



Jam and load for a left high block.



Step forward into a left back stance and execute a left high block.



Following immediately with a right reverse punch while shifting into a left front stance.



Jam and load for a right outside block.



Step forward into a right back stance and execute a right outside block.



Follow immediately with a left reverse punch while simultaneously shifting into a right front stance. KIAI!



Look left. Jam and load for a left low block.



Pivot 270 degrees counter clockwise into a left front stance and execute a left low block.



Left jam



Execute a right stepping front kick with full recoil.



Step down into a right front stance while simultaneous executing a stepping right high punch.



Look right. Jam and load for a right low block.



Pivot 180 degrees clockwise on left foot into a right front stance and execute a right low block.



Right jam.



Execute a left stepping front kick with full recoil.



Step down into a left front stance while executing a left stepping high punch.



Look left. Jam and load for a left low block.



Without moving the right foot, step 90 degrees to the left into a left back stance and execute a left low block.



Follow immediately with a right reverse punch shifting into a left front stance.



Jam and load for a right inside block.



Step forward into a right back stance and execute a right inside block.



Follow immediately with a left reverse punch shifting into a right front stance.



Jam and load for a left high block.



Step forward into a left back stance and execute a left high block.



Follow immediately with a jam and right reverse punch while simultaneously shifting into a left front stance.



Jam and load for a right outside block.



Step forward into a right back stance and execute a right outside block



Follow immediately with a jam and a left reverse punch while simultaneously shifting into a right front stance.

Kiai!



Look left. Jam and load for a left low block.



Pivot counter clockwise 270 degrees on the right foot into a left front stance and execute a left low block.



Left jam.



Execute a right stepping front kick with full recoil



Step down into a right front stance while simultaneously executing a right stepping high punch.



Look right. Jam and load for a right low block.



Pivot clockwise on the left foot 180 degrees into a right front stance and execute a right low block.



Right jam.



Execute a left stepping front kick with full recoil.



Step down into a left front stance while executing a left stepping high punch.



Look left. Parro.

GIECHO HYUNG SAHM BU



Choombee



Look left. Jam and load for an outside block.



Step 90 degrees to the left into a back stance (leaving the right foot in place) and execute a left outside block.



Jam, step with right leg into a right front stance and execute a stepping center punch.



Look right. Jam and load for a right outside block.



Pivot clockwise 180 degrees on left foot into a right back stance and execute a right outside block.



Jam. Step with left leg into a front stance and execute a stepping center punch. Look left. Jam and load for a left low block.



Step counter clockwise 90 degrees into a front stance and execute a low block. Jam.



Pivot on the ball of the right foot and heel of the left foot; step with the right foot into a side straddle stance executing a stepping side punch (focus to the armpit). Look left and load for spinning bottom fist.



Pivot on the ball of the right foot and heel of the left foot, spin counter clockwise and execute a spinning bottom fist (focus to the temple). Look left. Jam and load for a stepping side punch.



Step with the right foot into a side straddle stance and execute a stepping side punch (focus to the armpit) KIAI!



Look left. Jam and load for left outside block.



Pivot counter clockwise 90 degrees on the right foot into a left back stance and execute left outside block. Jam.



Step with right leg into a right forward stance and execute a stepping center punch. Look right. Jam and load for outside block.



Pivot on left foot clockwise 180 degrees into right back stance and execute an outside block. Jam.



Step with left leg into front stance and execute stepping center punch. Look left. Jam and load for left low block.



Jam and load for a low block.



Step counter clockwise 90 degrees into front stance and execute low block.



Jam. Pivoting on the left foot, step with the right foot and execute stepping side punch (focus to the armpit).



Look left and load for spinning bottom fist.



Pivot on the heel of the left foot and the ball of the right foot, spin counter clockwise and execute a spinning bottom fist (focus to the temple). Jam.



Pivot on the ball of the right foot and the heel of the left foot, step with the right foot into a horse stance and execute a stepping side punch (focus to the armpit) KIAI!



Look left. Jam and load for outside block.



Pivot counter clockwise 90 degrees on right foot into left back stance and execute outside block.



Jam and load for a stepping center punch. Step with right leg into a right forward stance and execute a stepping center punch.



Look right. Jam and load for right outside block.



Pivot on left foot clockwise 180 degrees into right back stance and execute an outside block.



Jam and load for a stepping center punch. Step with the left leg into a front stance and execute a stepping center punch.



Look left. Parro.

PYONG AN CHO DAN



Choombee



Look left and load for a left hand low block.



Step into a left front stance and execute a left hand low block.



Left jam ...



...and execute a right hand stepping center punch.



Look right and load for a right hand low block.



Turn 180 degrees into a right front stance and execute a right hand low block.



Shift into a low right back stance while simultaneously pulling your right elbow into your side with your right palm up.



Slide your right foot back to your right foot at a 90-degree angle. At the same time load right hand for a right palm out back knuckle.



Execute a right back knuckle to the temple. Jam with your right hand and load for a stepping center punch.



Step into a left foot front stance and execute a left center punch to the solar plexus.



Look left jam and load for a left hand low block.



Step left into a back stance. Execute a low block shifting into a left front stance.



Remaining in a left foot forward front stance, immediately load for a left knife hand block.



Execute a left knife hand block in left foot forward front stance.



Jam with your left hand and load for a right hand high block.



Step through into a right foot front stance and execute a right hand high block.



Jam with your right hand and load for a left hand high block.



Step through into a left foot front stance and execute a left hand high block.



Jam with you left hand and load for a right hand high block.



Step through into a right foot front stance and execute a right hand high block. Kiai!



Look left and jam and load for a left hand low block.



Turn 270 degrees into a left foot front stance and execute a left hand low block.



Jam with your left hand and load for a center punch. Step through into a right foot front stance and execute a right center punch.



Look right. Jam and load for a right low block.



Turn 180 degrees into a right foot front stance and execute a right hand low block.



Jam with your right hand and load for a center punch.



Step through into a left foot front stance and execute a left hand center punch



Look left and load for a left hand low block.



Turn 90 degrees into a left foot forward back stance and execute a left hand low block into a front stance.



Jam with the left hand ...



and execute a stepping center punch.



Jam with the right hand...



and execute a stepping center punch.



Jam with the left hand...



and execute a stepping center punch. Kiai!



Look left and load for a left low reinforced chop.



Turn left 270 degrees and execute a left low reinforced chop into a left back stance.



Look right 45 degrees and load for a right low reinforced chop.



Step 45 degrees to the right into a right back stance and execute a right low reinforced chop.



Look right 135 degrees and load for a right low reinforced chop.



Step 135 degrees to the right into a right back stance and execute a right low reinforced chop.



Look left 45 degrees and load for a left reinforced chop.



Step 45 degrees to the left into a left back stance and execute a left low reinforced chop.



Parro

Basic One Steps

Note: All one steps are described as if defending from a right stepping high punch.



One Step #1

1. From the Parro position step with your right foot to the side and forward at a 45 degree angle while simultaneously executing a left outside block and chambering your right fist.



2. Execute a right reverse punch to your opponent's chin chambering your left fist.



3. Execute a left center punch to your opponent's solar plexus.



4. Execute a left outside block while simultaneously executing a right reverse punch to your opponent's groin. Kiai!



One Step #2

1. From the Parro position step with your right foot to the side and forward at a 45 degree angle while simultaneously executing a left outside block and loading your right hand for an inside chop..



2. Execute a right inside chop to the left side of your opponent's neck.



3. Execute a left center punch to your opponent's solar plexus.



4. Execute a left outside block while simultaneously executing a right reverse punch to your opponent's groin. Kiai!

One Step #3



1. From the Parro position execute a left high block.



2. With your left hand, grab your opponent's right wrist and twist it until their fist is palm up. At the same time apply upward pressure to your opponent's arm effective locking their elbow.



3. Step back with your right foot while simultaneously pull your opponent's right arm towards yourself, pulling him forward off balance.



4. Continue to hold his right arm and execute a right stepping front kick to your opponent's abdomen.



5. Recoil your kick. Step down with your right foot between your opponent's legs. When your right foot hits the ground execute a right palm heel strike to your opponent's nose. Kiai!



One Step #4

1. From the Parro position step back with the right foot while executing a left high block.



2. With your left hand, grab your opponent's right wrist and twist it until their fist is palm up. At the same time apply upward pressure to your opponent's arm effective locking their elbow.



3. Step back with your right foot while simultaneously pull your opponent's right arm towards yourself, pulling him forward off balance.



4. Continue to hold his right arm and execute a right stepping front kick to your opponent's abdomen.



5. Recoil your kick. Step down with your right foot between your opponent's legs. When your right foot hits the ground execute a right palm heel strike to your opponent's nose.



6. Grab your opponent's head with your right hand and pull his head down. Execute a right upward knee strike to the face.



7. Without setting your foot down execute a right shin kick to the groin.



8. Recoil and step behind your opponent's right foot with your right foot.



9. Pull on his right arm and sweep his right foot taking your opponent to the ground.



10. Execute a heel stomp to the chest and Kiai!