

Arizona Fighting Arts Federation

Chun Kuk Do

Intermediate Handbook



Student Name: _____

Start Date: _____

Rank Finished

Orange/Blue

Date: _____

Blue

Date: _____

Blue/Green

Date: _____

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Techniques for Orange/Blue through Green

New techniques in BOLD

Stances

Choombee – Charyet – Kunyet – Horse Stance – Front Stance – Back Stance – Fighting Stance – **Cat**

All techniques can be called in front or back stance and/or moving forward or backwards.

Blocks (normal or reverse)

High – Knife Hand – Low – Inside – Outside – **Reverse outside block – Double Block (high/outside) – High Open “X” Block – Reinforced Inside Block– Reinforced Outside Block – High Reinforced Block**

Strikes (normal or reverse)

Center Punch – High Punch – Low Punch – Reverse Punch – Jab – Stepping Side Punch – Spinning Bottom Fist – Hammer Fist – Back Knuckle – Downward Back Knuckle – Knife Hand Chop – Inside Chop – Downward Chop – Spinning Knife Hand Chop – Across Elbow – Upward Elbow – Downward Elbow – Palm Heel to Face, Body, and Groin – **Horizontal Spear hand – Reinforce Spear Hand— Reinforced Bottom Fist – Eye Gouge – Double Knife Hand (Center & High), Ridge hand, Outside ridge hand, Web hand, Double Block (high & outside)**

Kicks

Front Kick – Side Kick – Round Kick – Back Kick – **Crescent Kicks – Hooking Heel Kick – all kicks with Slide Up, Lunging, Skipping, and Spinning footwork.**

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
Form 5 - Pyong An Yi Dan
Form 6 - Pyong An Sa Dan
Form 7 - Pyong An Oh Dan

Jump Kicks

Flying Side Kick
Phase 1-4 Front Kick
Phase 1-4 Round Kick
Phase 1-4 Side Kick

Attacking Techniques & Fighting Combinations

One Steps

Basic One Step 1

Basic One Step 2

Basic One Step 3

Basic One Step 4

Basic One Step 5

Basic One Step 6

Basic One Step 7

Basic One Step 8

Basic One Step 9

BASICS

Each basic technique will be described from a left hand, left foot forward front stance unless otherwise noted.

Stances



Cat Stance – Pivot your right foot 90 degrees from your opponent. The left foot is drawn back towards the right foot with the heel of the front foot elevated and the toes touching the ground.



If you were to place the heel of your front foot on the ground your heels would be 2"-3" apart and at a 90 degree angle to each other.

Blocks



Reverse Outside - Jam with your right hand at your opponent's solar plexus. Load your left arm directly across your midsection with your fist palm down towards the floor. Chamber your right fist while executing the block. 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.



Double Block (high/outside) – as the name implies this is a combination of two blocks, a high and an outside block. Look left. Load both fists on your right hip, left over right. Slide your left foot 90 degrees to the left into a left foot forward back stance. While maintaining their position, simultaneously move both hands to the left. When your hands reach the middle of your body, your left arm rotates to the left into an outside block with the palm of your fist facing the open side (just for forms). Your right arm drags along side your body until your fist is chest high. At that point your right wrist snaps 180 degrees towards the body while the right arm raises above your head and stopping at a 45 degree angle above your head and your palm facing out.



High Open “X” Block – Load your hands on your right hip, right over left, with the wrists touching. As you step forward, keeping the wrists touching each other, your arms shoot up to just over your head forming an “X”. When block is complete you should be looking just below the “X”.



Reinforced Inside Block– Jam with your left (lead) 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.

Your left hand reinforces the right arm by placing your left palm against your right elbow and lower third of the right forearm. 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. Your left fist will be palm up running parallel to your right forearm.



Reinforced Outside Block – Load your fists palm down on your hip with the first knuckle of each fist touching each other. As you step forward, 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. Your left fist reinforces your right arm by placing the first two knuckles of the left fist on either side of the boney prominence of the right elbow. 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.

Strikes



Reinforced Spear Hand- Jam with your left fist at your solar plexus. As you step forward into a right front stance, drag your right arm along side of your body until your elbow moves past the abdomen. At that point your fist opens into a vertical spear hand, with the hand flat and palm facing inside.



Your spear hand is reinforced by placing the first two knuckles of on either side of the right elbow. The left hand is open and flat with the palm down.



Eye Gouge – Jam and load as you would for a stepping high punch. Your jam is at your solar plexus and your chambered fist is palm up next to your side in line with the seam of your jacket. As you step you will chamber your jam hand and execute an eye gouge with the fist that was chambered. As your elbow clears the front of your body, turn your fist palm down and open your fingers wide while keeping your thumb tucked.



Double Knife Hand (Center & High) – Looking left, load your fists on your right hip, left over right, approximately 4 inches apart. As you slide your left foot over into a left back stance your fists begin to move towards the center of your body. Keeping your fists loaded left over right, as your fists reach the navel area, both hands open into a knife hand position (left hand is palm down and right hand is palm up). Keep your hands moving approximately 3 more inches. At that point both hands begin to move into their blocking positions. The left hand rotates at the left elbow stopping at a 45 degree angle, elbow in to protect the ribs and the knife hand palm facing forward with the finger tips at eye level. Simultaneously your right begins to move upward in front of your chest. When it reaches the point where it can not go any higher naturally, you snap your right forearm to a position above your head turning your knife hand so it is in a palm out position. Your forearm and knife hand stop at a 45 degree angle above your head with your elbow in line with your shoulder.



Ridge Hand - Jam and load as you would for a stepping high punch. Your jam is at your solar plexus and your chambered fist is palm up next to your side in line with the seam of your jacket. As you step you will chamber your jam hand and execute a ridge hand with the fist that was chambered. As your elbow clears the front of your body, turn your fist palm down and open your hand into a palm down knife hand position while keeping your thumb tucked. You are striking with the thumb side of your hand at the base of your first finger.



Outside Ridge Hand - Jam with your left fist and load your right hand across your stomach palm down. When you step forward with your right foot you chamber your left fist and simultaneously execute the outside ridge hand. Your right forearm rotates at the elbow and your hand turns palm up. You are striking your opponent with the thumb side of your knife hand at the base of your first finger.



Web Hand— Jam and load as you would for a stepping high punch. Your jam is at your solar plexus and your chambered fist is palm up next to your side in line with the seam of your jacket. As you step you will chamber your jam hand and execute an eye gouge with the fist that was chambered. As your elbow clears the front of your body, turn your fist palm down and open your fist keeping your fingers together and your thumb out forming a “U” with your hand. Your target is to strike the throat with the space between your thumb and your first finger.



Kicks



Inside Crescent 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 and then you move it towards the instep side of your foot not further than your opponent's shoulders. Your foot is pointed straight up and down with the toes pulled back striking your target with the instep 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.



Outside Crescent 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 and then you move it towards the outside edge of your foot approximately 6 inches. Your foot is pointed straight up and down with the toes pulled back striking your target with the outside edge 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.



Hooking Heel Kick

Load: Your kicking leg is loaded the same as the side 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 just to the side your target with your ankle, knee and hip in a straight line.



As your kick reaches it's full extension you snap your heel back towards your target striking with the heel.

Recoil: Your recoil your heel comes back almost kicking your bottom

Pyong An Yi Dan



Choombee



Look left load hand on right hip (left over right) approximately 4 inches apart for a right high block and closed left hand knife hand block).



Step left into a back stance and execute both block and a left closed hand knife hand block simultaneously.



Grab opponent with left hand pulling them into your body, with your fist ending at your right patch, and at the same time execute a right uppercut.



Jam with right hand and load the left for a side punch.



Step off into a side straddle stance and execute a left hand side punch.



Look right. Load hand on left hip (right over left) approximately 4 inches apart, for a left high and a right closed hand knife hand block.



Step off into a right foot forward back stance and execute a left high block and a right closed hand knife hand block.



Grab opponent with right hand, pull into your body and at the same time execute a left uppercut.



Slide right foot back into cat stance. Jam with left hand and load for a right side punch.



Step off with right foot into a side straddle stance and execute a right side punch.



Slide left foot even with right and pivot $\frac{1}{4}$ turn to the right. Load hands on right hip, left hand over right approximately 4 inches apart.



Switch hands to left hip right over left approximately 4 inches apart.



Look right. Load for right bottom fist and right side kick.



Execute bottom fist and sidekick simultaneously...



... recoil and load for a left reinforced knife hand chop.



Step back into a left foot forward back stance and execute the left reinforced knife hand chop.



Load for a right reinforced knife hand chop.



Step off into a right foot forward back stance and execute the right reinforced knife hand block.



Load for a left center reinforced knife hand block.



Step off into a left foot forward back stance and execute a left center reinforced knife hand block.



Jam with the left fist and load the right fist on right hip. Step through into a right foot forward front stance and execute a reinforced spear hand. Kiai!



Look left and load for a left hand center reinforced knife hand chop.



Turn 270 degrees into a left foot forward center reinforced knife hand chop.



Look to the right and load for a right hand reinforced knife hand chop.



Step off 45 degrees to the right and execute a right reinforced knife hand chop.



Look right and load for a right center reinforced knife hand chop.



Turn 135 degrees into a right foot forward back stance and execute a right reinforced knife hand chop.



Look left and load for a left hand center reinforced knife hand chop.



Step 45 degrees to the left and execute a left center reinforced knife hand chop.



Look left. Load for a right hand reverse outside block.



Turn 45 degrees to the left into a left foot forward front stance and execute a reverse outside block with the right hand.



Right jam with right fist.



Execute a right stepping front kick.



Recoil and step into a right foot forward front stance and execute a left reverse punch.



Right hand jam and load for a left hand reverse outside block.



Execute the reverse outside block and remain in the right front stance.



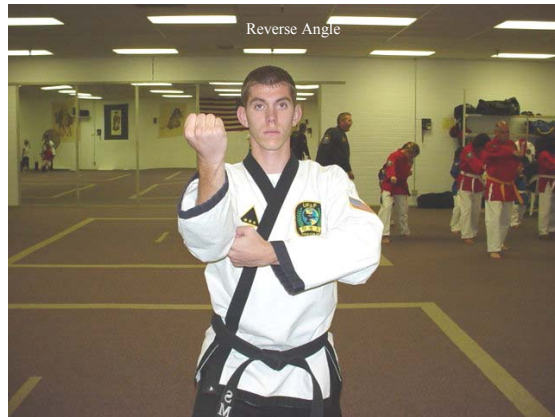
Jam with left hand. Execute a left stepping front kick.



Recoil and step into a left front stance and a right hand reverse punch.



Load on left hip for a right reinforced outside block.



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



Look left and load for a left hand low block.



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



Remain in front and execute a left hand knife hand block using snapping hip action.



Look right and load for a right high block.



Step 45 degrees into a right front stance and execute a right hand high block.



Look right and load for a right low block.



Turn 135 degrees into a right front stance and execute a right low block.



Remain in front stance and execute a right knife hand block using snapping hip action.



Look left and load for a left high block.



Turn 45 degrees to left into a left front stance and execute a left high block. Kiai!

Pyong An Sa Dan



Choombee



Look left. Load fists on right hip left over right approximately 4 inches apart.



Turn left 180 degrees into left foot forward back stance and execute a left knife hand block and a right open hand high block.

Your hands open at the center line of the body.



Look right. Load fists on left hip, right over left approximately 4 inches apart.



Turn 180 degrees to the right into a right foot forward back stance and execute a right knife hand block and a left open hand high block.

Your hands open at the centerline of your body.



Look left 90 degrees. Load for a low cross block. Fists are loaded high with the right fist over the left. Arms are crossed at the wrist with the right arm horizontal.



Pivot left 90 degrees into a left foot forward front stance and execute a low cross block with palms out.



Load fists on left hip first knuckle to first knuckle for a right reinforced outside block.



Step through with right foot into right foot forward front stance and execute a right reinforced outside block.



Look left 90 degrees. Load for a left bottom fist and left sidekick.



Execute a simultaneous left bottom fist and left sidekick 90 degrees to the left.



Recoil and load left hand as target for reverse elbow smash.



Step down with left foot, 90 degrees to the left, pivot into left foot forward front stance and execute a right reverse cross elbow smash.



Pivot 90 degrees to the right, sliding into a right foot forward back stance loading fists on left hip, right over left.



Load for right bottom fist and right side kick.



Execute a simultaneous right bottom fist and right side kick.



Recoil and load right hand as target for reverse elbow smash.



Step down with right foot, 90 degrees to the right, pivot into a right foot forward front stance and execute a left reverse cross elbow smash.



Look left 90 degrees and execute a right open hand high block (palm out) and a left low chop (palm toward the body).



Pivot 90 degrees into a left foot forward front stance and execute a right inside chop and a left open hand high block.



Execute a right stepping front kick.



Recoil and load for a downward back knuckle.



Lunge forward with right foot leading so that you left foot lands behind the right foot and execute a right downward back knuckle. Kiai!



Look left 225 degrees and load both fists on corresponding hips.



Turn 225 degrees into a left foot forward back stance and execute lapel grab, right hand over left.



Grab and twist into a double forearm break while pivoting into a front stance.



Turn right fist palm up and pull elbow horizontally into right hip.



Right stepping front kick and the right hand chambers back...



...Recoil and step down into a right foot forward back stance and execute a right jab.



Execute a left reverse punch into a right front stance.



Look right 90 degrees and load fists palm up on corresponding hips.



Step off 45 degrees into a right foot forward front stance and execute a lapel grab, right over left.



Pivot into a right foot forward front stance and execute a double forearm break.



Turn left fist palm up and pull elbow into left hip.



Execute a left stepping front kick.



Recoil and step down into a left foot forward back stance and execute a left jab.



Execute a right reverse punch while remaining in a left front stance.



Look left 45 degrees and load fists on right hip for a reinforced outside block.



Turn 45 degrees to left and execute a left reinforced outside block into a left foot forward back stance.



Load fists knuckle to knuckle on left hip for a reinforced outside block.



Execute a right reinforced outside block into a right foot forward back stance.



Load fists knuckle to knuckle on right hip for a reinforced outside block.



Execute a left reinforced outside block into a left foot forward back stance.



Remain in back stance and extend left open hand strike to head with thumb striking the eye palm slightly down.



Forcefully extend right hand out in an open hand strike to head with thumb strike other eye.



Execute a right knee smash and Kiai!



Look left and load for a left reinforced center chop.



Turn 225 degrees and step off into a left back stance and execute a left reinforced center chop.



Look right and load for a right reinforced center chop.



Step off 90 degrees to the right into a right foot forward back stance and execute a right reinforced center chop.



Parro.

Pyong An Oh Dan



Choombee



Look left. Jam with right fist and load for left outside block.



Step off 90 degrees into left back stance and execute a left outside block



Remaining in a back stance execute a right reverse punch using snapping hip action.



Slide left foot next to right and load hands, left over right, on right hip.



Jam with left fist and load for right outside block.



Step off 90 degrees to the right into a right back stance and execute a right outside block



Remain in back stance and execute a left reverse punch using snapping hip action.



Slide left foot along side of right. Load fists on right hip approximately 4 inches apart, left over right.



Rotate fists to left hip right over left.



Load fists first knuckle to first knuckle on left hip for a right reinforced outside block



Step into a right front stance and execute a right reinforced outside block. Your left fist is palm towards you and running parallel to your right forearm.



Load for a low cross block, wrists together, right over left, right arm horizontal and shoulder high.



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



Pivot into left back stance and load on right hip for a high cross block, wrists together right over left.



Pivot into left front stance and execute a high open hand cross block. Looking under hands.



While stepping through into a right front stance, execute deflection with left hand and right inside chop keeping heels of palms touching and right elbow in.



Continue stepping through execute a left horizontal spear hand to throat and chambering right fist.



Complete stepping through into a right front stance and execute a right stepping center punch. KIAI!



Jam with left fist and load for a right inside block.



Pivot 180 degrees dropping down almost to where your right knee is touching the ground while executing a right reinforced inside block with left hand flat on inside of right arm.



Execute a right leg stepping inside crescent...



...recoil and load for a right low block.



Stomp down with right foot into a horse stance while simultaneously executing a low block.



Look left. Jam with right fist and load for left backhand slap (Palm down hand open and flat)



Execute a left backhand slap and chamber right fist.



Execute a right stepping inside crescent kick.



Recoil. While stepping down into a horse stance execute a right elbow smash.



Step forward with left foot behind the right and execute a right reinforced downward back knuckle.



Execute a reinforced upward “pop” with right fist.



Look left. Jump and spin 180 degrees. Land with left foot behind the right with knees bent and back straight executing a low cross block.



Immediately step off into a right front stance and execute a right reinforced outside block.



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



Turning 180 degrees into a left back stance and execute a left low knife hand block and a right upward back knuckle to the rear. Palm forward.



Pivot into left front stance and execute a right hand groin grab. Left hand is placed at the right shoulder seam at a 45 degree angle palm down.



Twist and pull back pivoting feet 90 degrees to the right. Feet come together while executing a left low block right rear back knuckle.



“Pop” right hand up twisting palm to the right and back to front.



Pivot 180 degrees crossing feet, left over right. Load for double back knuckle.



Execute a double back knuckle



Look right raise right knee and load for a right low block.



Execute right low block.



Pivot 90 degrees into a right front stance and execute left groin grab.



Grab, twist and pull back into a right back stance while executing a right low block and left rear back knuckle.



Parro.

One Steps



One Step #5

Step off to your left and forward at a 45 degree angle while executing a left hand inside block.



Immediately throw a right reverse punch to your opponent's right arm pit. Left fist chambered.



Reach with your right hand and grab your opponent's right shoulder. Make sure your arm is on the outside of his



Pull on the right shoulder while executing a right leg stepping instep round kick to the midsection, recoil...



...without setting your right foot down execute a right hooking heel kick to the spine.



Still holding on to the right shoulder of your opponent, bring your right foot behind your opponent's knee.



Push your opponent's shoulder with your right hand and simultaneously sweep his right knee taking him to the ground.



Maintaining control of your opponent's right arm, stomp on your opponent's ribcage and KIAI!



One Step #6

Step to the left and forward 45 degrees executing a right inside block.



Immediately throw a right reverse punch.



Reach up and grab your opponent's right shoulder.



Pull down on his right shoulder and execute a right knee strike.



Step down with your right foot placing it alongside and in the same direction as your opponent's foot.



As you step around behind your opponent place your left foot behind your opponent's right foot, simultaneously executing a left cross elbow strike to the back of his neck.



Reach across your opponent's face...



...pull back with your left arm and sweep his right foot with your left foot.



Maintaining control of his right arm stomp on his ribcage and KIAI!



One Step #7

Step off to the left and forward at a 90 degree angle executing a left inside block.



Immediately execute a right reverse punch to the arm pit of your opponent.



Execute a right stepping instep round kick to your opponent's midsection.



Pivot 180 degree on your left foot placing your right foot down next to the left foot.



Execute a left side kick to your opponent's right side.



Recoil and load for a left back knuckle.



Step down with your left foot placing it behind your opponent's right foot while simultaneously executing a left back knuckle.



With your left hand grab his right shoulder, pull him towards you and sweep his right foot with your left foot taking him to the ground.



Maintaining control of his right arm stomp on his ribcage and KIAI!



One Step #8

Step with your right foot to the inside and execute a double forearm block.



With your left hand grab his right wrist and execute a right bottom fist to his right temple.



Execute a right horizontal elbow strike to his jaw.



Bring you right hand and arm under and around his arm execute an arm break at elbow.



Step though placing your right foot behind his right foot and execute a right ridge hand to the groin.



Execute a right leg sweep taking him to the ground.



Stomp with your right foot and KIAI!



One Step #9

Step to the inside and execute a double forearm block.



Grab his right wrist with your left hand and execute a right bottom fist with your right hand.



Execute a right horizontal elbow strike to his jaw.



Pivot on your left foot, exchanging your grip of your opponent's right wrist, now holding it with your right hand while simultaneously executing a right heel kick to his groin.



Continue to pivot and step down with your right foot next to your left. Load and execute a left side kick to his midsection.



Recoil and load for a left back knuckle.



Step down placing your left foot behind his right foot while executing a left back knuckle to his chin.



Execute a left foot sweep taking your opponent to the ground.



Execute a right heel stomp to his chest or a wrist lock and break the arm against your right knee and KIAI!