

Arizona Fighting Arts Federation

Chun Kuk Do

Advanced Handbook



Student Name: _____

Start Date: _____

Rank Finished

Green Date: _____

Green/Red Date: _____

Red Date: _____

Red/Black Date: _____

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Techniques for Green/Red through 4th Black

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) – X Block – Reinforced Inside Block– Reinforced Outside Block – High Reinforced Block - **Low Closed “X” Block – Reinforced Inside Block**

Strikes

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 — Reinforced Bottom Fist – Eye Gouge – Double Knife Hand (Low & High)--**Slide up Side Elbow—Spinning Side Elbow—Step Through Side Elbow—Spinning High Elbow Strike to the Rear – Spinning Low Elbow Strike to the Rear - Step thru High/Low Reinforced Chops**

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

Bassai
UFAF 1A
UFAF 1B
UFAF 2
Koon Sang Koon
CKD Standardized Bo Kata
Jion

Jump Kicks

Flying Side Kick
Phase 1-4 Front Kick
Phase 1-4 Round Kick
Phase 1-4 Side Kick
Jumping Spinning Back Kick

Multidirectional Hands & Feet

Random Fighting Techniques

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

Blocks



Low Closed “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 down in front of you forming an “X” with closed fists. May also be performed with open hands.

Strikes



Slide up Side Elbow – This technique is performed in a straddle stance. Looking over the left shoulder jam and load with the right arm and fist horizontal across the body with the fist directed toward your opponent. Load your left arm directly above and parallel with the right arm.



Slide your right foot up next to your left foot.



As you step off with your left foot chamber your right fist and rotate your left forearm and elbow straight to the left. When your left elbow locks out you rotate your left fist palm down



Step Through Side Elbow - This technique is performed in a side straddle stance. Looking over the left shoulder jam and load with the right arm and fist horizontal across the body with the fist directed toward your opponent. Load your left arm directly above and parallel with the right arm.



Keeping your hands in position, pivot on the heel of your left foot and the ball of the right.



Step through with your right foot into a right side straddle stance.



As you step off with your right foot chamber your left fist and rotate your right forearm and elbow straight to the right. When your right elbow locks out you rotate your right fist palm down



Spinning High Elbow Strike to the Rear –
This technique is performed in a back stance. Jam and load with the left arm and fist horizontal across the body with the fist directed toward the direction of your turn. Load your right arm directly above and parallel with the left arm.



Keeping your hands in position, pivot on the heel of your right foot and the ball of the left.



Step through with your right foot into a right back stance striking with your right elbow high and to the rear of your back stance. This is actually in a forward direction of travel.



Spinning Low Elbow Strike to the Rear –
This technique is performed in a back stance. Jam and load with the left arm and fist horizontal across the body with the fist directed toward the direction of your turn. Load your right arm directly above and parallel with the left arm.



Keeping your hands in position, pivot on the heel of your right foot and the ball of the left.



Step through with your right foot into a right back stance striking with your right elbow low and to the rear of your back stance. This is actually in a forward direction of travel.

Step thru High Reinforced Chop



Pivot the front foot 90 degrees to the attacking direction. Load your hands pointing 180 degrees from the attacking direction. Your right hand loads beside you ear with the palm facing the ear. Your left arm loads parallel with the right, palm down, pointing 180 degrees away from the target.



Step through with your right foot into a right back stance and execute a knife hand chop that is reinforced by the left hand in the solar plexus. The left hand turns palm up and stops flat against your solar plexus.

Bassai



Choombee



Salute. Grab left thumb with right hand. Raise right arm up shoulder high, right arm parallel to ground simultaneously lift left foot up knee high and straight ahead. Foot is flat.



Punch down closing left hand over right simultaneously lowering left foot down next to right.



Raise up on the balls of the feet while pivoting feet 90 degrees to left. The right foot goes behind the left.



Lean toward the right (front) until body begins to fall. Step with right foot behind the left and execute a reinforced outside block.



Look left 180 degrees, jam and load for a left outside block.

Note: The next three pairs of blocks are to be done quickly.



Turn 180 degrees to the left into a left front stance and execute a left outside block.



Jam and load for right hand reverse outside block.



Remaining in left front stance, execute a reverse outside block with the right hand.



Jam and load for a left reverse inside block.



Stepping across with the right leg, turn 180 degrees to the right into a right front stance and execute a left reverse inside block.



Jam and load for a right outside block.



Remaining in a right front stance and execute a right outside block.



Look right 90 degrees. Raise right knee and Jam and load for a right low block.



Keeping right knee up, Execute a right low block (break)



Keeping right knee up, jam and load for a right inside block while pivoting 90 degrees to the right.



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



Jam and load for a left outside block.



Remaining right front stance and execute a left reverse outside block.



Look left and step back with left foot turning 90 degrees into a horse stance...



...drawing left hand across chest loading for a left horizontal spear hand (palm up).



Remain in a horse stance execute a left horizontal spear hand to throat.



Remaining in horse stance execute a right reverse punch



Jam and load for a right outside block.



Pivot 45 degrees to left and execute a right reverse outside block to the front.



Execute a left center punch pivoting body back into horse stance.



Jam and load for a left outside block.



Execute a left reverse outside block to the front.



Stepping with the left foot into a cheater step and load for a right reinforced high chop.



Step forward into a right back stance and execute a right reinforced high chop.



Pivot and load for a stepping left reinforced chop.



Step through into a left back stance and execute a left reinforced high chop.



Load for a right reinforced chop



Step through into a right back stance and execute a right reinforced chop.



Execute a knife hand chop dragging the left knife hand across the right arm while stepping back into a left back stance.



Pivot feet 90 degrees to the left. Keep feet together and execute a chair block with left hand on back of right. Push hands away from your body approximately 6 inches.



Jam and load for a right bottom fist and right side kick.



Execute a right side kick and bottom fist toward the front.



Recoil, look left 180 degrees, and load for left reinforced high chop.



Turn 180 degrees landing in a left back stance and execute a left reinforced high chop.



Load for a right reinforced high chop.



Step through into a right foot forward back stance and execute a right reinforced high chop.



Slide back into a cat stance and load for double low punch



Execute double low punch

View from 45 degrees to the left rear



Load for a double hammer fist



Step off into a right front stance and execute a double hammer fist to the body (palm up).



Left hand jam



Slide left foot up to right and execute a right high punch.



Step off with the right foot into a right front stance and execute a reverse punch.



Look left load for a low knife hand chop and reverse back knuckle.



Turn left into a left foot forward back stance and execute left low knife hand block.



Execute a right palm heel to the groin.
Grab...

Left hand loads at shoulder seam at a 45 degree angle. Right hand grabs and closes into a fist.



...twist...pull back and up. Left foot slides back along side the left foot, body pivots to the right.



Pop right fist up above head twisting away...



...recoil fist to with wrist even at the top of the head with the palm facing forward.



Slide left foot into a left front stance and execute a reverse reinforced inside block.



Execute a stepping inside crescent kick...



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



Execute the right low block and foot stomp into a horse stance.



Look 180 degrees away from front, jam and load for a left hand back slap...



...execute a left hand back slap (with bent arm)...



...execute a right foot stepping inside crescent striking the left hand (with sole of foot)...



...recoil and land in a horse stance while executing a right horizontal elbow smash into left hand.



Execute a right hand low punch under the left arm (left palm facing toward body)...



...bring right hand around in front of left arm...



...execute a second low punch under left arm.



Look right 90 degrees. Slide into a right cat stance and load fists on left hip (right over left).



Step off 90 degrees to the right, with right foot into a long front stance and execute a “U” punch (left fist high and right fist low).



Slide right foot back even with left foot and load fists on left hip (right over left).



Rotate fists to right hip (left over right).



Execute a left inside crescent kick with sole of foot.



...recoil and step into a long left front stance and execute a "U" punch (right fist high and left fist low).



Slide left foot back even with right foot and load fists on right hip (left over right).



Rotate fists to left hip loading right over left.



Execute a right inside crescent kick...



...recoil and land into a long right front stance executing a “U” punch (left fist high, right fist low).



Look back 180 degrees over left shoulder...



... slide left foot over to the right, pivoting 180 degrees into a left front stance simultaneously executing right sweeping downward back knuckle strike...



...downward back knuckle strike.



... Pivot 180 degrees into a right front stance and execute a left low sweeping downward back knuckle strike...



...downward back knuckle.



Load for a right high reinforced chop.



Step forward into a right back stance and execute a right reinforced chop.



Look right 90 degrees and load for a right high reinforced chop.



Turn 90 degrees into a right back stance and execute a right high reinforced chop.



Look 90 degrees to the left and load for a left high reinforced chop.



Step forward into a left back stance and execute a left high reinforced chop.



Return to beginning salute.



Parro.

UNITED FIGHTING ARTS FEDERATION FORM 1A



Choombee



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



Lunge back (6-8 inches) into a left back stance and execute a left knife hand block.



Shift into a left front stance while simultaneously executing a right reverse punch.



Slide right foot up to left foot and simultaneously execute a left jab to the nose. Knees should be slightly bent with heels together and feet 3 to 4 inches apart at the toes. Feet are at a 45 degree angle.



Execute a ball of the foot round kick to the solar plexus with the left leg. The left hand remains out and the kick is delivered with full recoil.



Step down into a left front stance and simultaneously execute a right short punch to the solar plexus.



Slide the right foot forward and execute a left jab to the nose as the right foot passes the left foot.



Continue sliding the right foot forward into a right front stance while executing a right stepping center punch to the solar plexus.

These previous two moves occur without hesitation and without the feet sliding close to each other as the right foot passes the left.



Look right. Jam and load for a right knife hand block.



Pivot on the right foot, step forward and across with the left foot turning 180 degrees clockwise into a right front stance while executing a right knife hand block.



Shift into a right front stance while executing a left reverse punch.



Slide the left foot up to the right foot and execute a right jab to the nose. Knees should be slightly bent with your heels together and feet forming less than a 90 degree angle.



Keeping your right fist out, execute a ball of the foot round kick to the solar plexus with the right leg and recoil fully.



Step down into a right front stance and simultaneously execute a left short punch to the solar plexus.



Slide the left foot forward and execute a right jab to the nose as the left foot passes the right foot. Knees should remain slightly bent with no vertical head/body movement. Feet should be shoulder width apart.



Continue sliding the right foot forward into a left front stance while simultaneously executing a left stepping center punch to the solar plexus. The above two moves occur without hesitation and without the feet sliding close to each other as the left foot passes the right.



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



Lunge back into a right foot foreword back stance and execute a right low block...



...shift into a right front stance and simultaneously execute a left reverse punch to the solar plexus.



Slide the left foot up and even with the right foot and simultaneously execute a right jab to the nose. Keep your knees slightly apart and bent and your feet shoulder width apart.



Slide the right foot forward into a right front stance. Simultaneously execute a left reverse punch to the solar plexus.

(The above two movements are referred to as a stutter step.)



Leave the left fist extended in a jam and execute a left stepping front kick with full recoil. (Don't pivot on the right foot. Don't step down with left foot.)



Look right. Jam and load for a right knife hand block.



Pivoting clockwise 180 degrees on the right foot, drop down into a right back stance and execute a right knife hand block.



Shift into a right front stance and simultaneously execute a left reverse punch to the solar plexus.



Leave the left hand extended in a jam. Execute a left stepping front kick to the solar plexus with full recoil without pivoting on the right foot. Do not step down yet with the left foot.



Jam and load for a left high block



Step down with the left foot into a left back stance and simultaneously execute a left high block.



Shift into a left front stance and simultaneously execute a right reverse punch to the solar plexus.



Leave right hand extended in a jam. Execute a right stepping ball of the foot round kick to the solar plexus with full recoil. Do not step down with the right foot.



Jam and load for a right back knuckle.



Step down into a right back stance and simultaneously execute a right back knuckle to the temple.



Shift into a right front stance and simultaneously execute a left short punch to the solar plexus.



Shift into a right back stance, feet stay in same location. Simultaneously execute a right horizontal elbow strike to the temple.



Load for a right outside knife hand chop. Lunge forward and simultaneously execute a right outside knife hand chop while remaining in a back stance.



Shift into a right front stance and simultaneously execute a left reverse punch to the solar plexus. KIAI!



Look left, pivoting counter clockwise on the right foot 225 degrees into a left cat stance and load for a double forearm block. Left hand over the right.



Shift into a left back stance and simultaneously execute a double forearm block.



Remaining in a left back stance, execute a left palm heel strike to the nose.



Hold your opponent's head with the left hand, Shift into a left front stance while simultaneously executing a right horizontal elbow strike to the nose.

Elbow move to the hand not vice versa.



Continue holding the head and execute a right stepping knee strike to the chin. Your toes point straight down.

Do not step down with the right foot.



Jam and load for a right bottom fist.



Step down into a right back stance and simultaneously execute a right bottom fist to the temple.



Shift into a right front stance and simultaneously execute a left reverse punch to the solar plexus.



Look right. Without moving the left foot , shift 90 degrees clockwise into a right cat stance. Load for a double forearm block. (Right hand over the left.)



Shift into a right back stance and simultaneously execute a double forearm block.



Remaining in a right back stance and execute a right palm heel strike to the nose.



Hold the opponent's head with your right hand. Shift into a right front stance and simultaneously execute a left horizontal elbow strike the nose.



Still holding the opponent's head, execute a left stepping knee strike to the chin. (toes should point down).

Do not step down with your left foot.



Jam and load for a left bottom fist strike.



Step down into a left back stance and simultaneously execute a left bottom fist to the temple.



Shift into a left front stance and simultaneously execute a right reverse punch to the solar plexus.



Look right



Pivoting on the left foot, turn clockwise 135 degrees into a right cat stance while simultaneously executing a circular right arm bar forming a knife hand block with your palm facing you.



Execute a standing right front kick to the solar plexus with full recoil. Your floor foot (left) stays at 90 degrees. This is the only time a front kick will be thrown with the floor foot not pointing towards the target.



Step down into a right front stance and simultaneously execute a left reverse punch to the solar plexus. KIAI!

UNITED FIGHTING ARTS FEDERATION FORM 1B



Execute a slide-up right jab to the nose. Your knees are slightly bent and your feet together.



Execute a right side kick to the solar plexus with full recoil. Do not step down with your right foot.



Look left. Load for a high cross block with your right wrist over the left.



Step down into a left back stance and simultaneously execute a high open cross block.



Execute a deflection technique.



Keeping your knees slightly bent, slide the right foot up even with the left foot and simultaneously execute a left finger strike to the eyes.



Continue stepping through with your right foot into a right front stance and simultaneously executing a right stepping center punch to the solar plexus.



Look left.



Jam and load for a right inside block.



Pivot clockwise on the right foot 180 degrees into a side straddle stance and simultaneously execute a right inside block.



Pivot 90 degrees counter clockwise on the right foot...



...and execute a left spinning back kick to the solar plexus with full recoil.



Step down into a left fighting stance.



Look right. Jam and load for a left inside block.



Pivoting clockwise on the left foot 270 degrees into a horse stance and simultaneously execute a left inside block.



Pivot clockwise 90 degrees on the left foot...



...and execute a right spinning back kick to the solar plexus...



...with full recoil. Step down into a right fighting stance...



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



Lunge back into a left back stance and execute a left low block.



Jam and load for a left knife hand block.



Lunge back into a left back stance and execute a left knife hand block.



Execute a left slide up jab to the nose, keeping your knees slightly bent.



Step forward with your left foot into a left front stance and simultaneously execute a right reverse punch to the solar plexus.



Execute a right stepping side kick to the solar plexus with full recoil...



...step down with your right foot and execute a left spinning back kick...



...with full recoil. Step down into a left fighting back stance.



Look 180 degrees to the right. Jam and load for a right low block.



Turning clockwise 180 degrees, lunge back into a right back stance and execute a right low block.



Jam and load for a right knife hand block.



Lunge back into a right back stance and execute a right knife hand block.



Execute a right slide up jab to the nose, keeping your knees slightly bent.



Step out with the right foot into a right front stance and simultaneously execute a left reverse punch to the solar plexus.



Execute a left stepping side kick to the solar plexus with full recoil.



Step down with your left foot and execute a right spinning back kick with full recoil.



Step down into a right fighting back stance.



Look left. Jam and load for a right side punch.



Pivot counter clockwise 180 degrees on the right foot into a horse stance and simultaneously execute a right side punch to the rib cage just beneath the opponent's arm pit.



Look left. Jam and load for a left spinning bottom fist.



Pivot clockwise 180 degrees on the right foot into a horse stance and simultaneously execute a left spinning bottom fist to the temple.



Load for a left stepping back kick. Prepare by simultaneously pivoting on the ball of the left foot and the heel of the right foot so that both feet rotate clockwise approximately 90 degrees. At the same time bring both hands into a guard position.



Execute a left stepping back kick to the solar plexus....



...with full recoil and step down into a left fighting back stance.



Jam and load for a right side punch.



Pivot counter clockwise 270 degrees on the left foot into a horse stance. Simultaneously execute a left side punch to the rib cage just beneath the opponent's arm pit.



Look right. Jam and load for a right spinning bottom fist.



Pivot counter clock wise on the left foot into a horse stance and simultaneously execute a right spinning bottom fist to the temple.



Load for a right stepping back kick. Prepare by simultaneously pivoting on the ball of the right foot and the heel of the left foot so that both feet rotate clockwise approximately 90 degrees. At the same time bring both hands into the guard position.



Execute a right stepping back kick to the solar plexus with full recoil...



...and step down into a right fighting back stance.



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



Lunge back 90 degrees into a left back stance and execute a left low block.



Slide back into a left cat stance and jam and load for a left knife hand block.



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



Slide your left foot back and execute a right jab to the nose as the left foot passes the right...



...continue sliding the left foot back until you are in a right front stance simultaneously execute a left reverse punch to the solar plexus. KIAI!



Return to the Parro position upon command.

NOTE: UFAF 1 is a fighting form of basic movements. All kicks are focused to slightly above the waist.

UNITED FIGHTING ARTS FEDERATION FORM 2



Choombee



Salute

Slide your left foot next to your right. Simultaneously cover your right fist with the fingers of the left hand. Your left fingers cover the right knuckles. Your forearms are perpendicular to each other and do not touch the body. Keep your knees slightly bent.



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



Lunge back into a left back stance and execute a left low block.



Shift into a left front stance and simultaneously execute a right reverse punch to the solar plexus.



Shift back into a left back stance and execute a left open palm block to the right protecting the head.



Keeping your left palm and hand in place, shift into a left front stance and simultaneously execute a right horizontal spear hand to the throat.

The front stance is low and “soft” with the rear knee bent.

Note: Kicks are to be performed as high as they can physically be performed well.



Keeping your left palm block and your right spear hand in place, execute a right stepping front kick to the solar plexus with full recoil. (Do not allow your left foot to pivot on the kick.) Do not step down with your right foot.



Jam and load for a right back knuckle.



Lunge forward landing in a right twist stance with the left foot crossing behind the right with the knees slightly bent and execute a right back knuckle to the temple.



Step back into a right front stance and simultaneously execute a left reverse punch to the solar plexus.



Shift into a right back stance and simultaneously execute a right jab to the nose.



Shift into a right front stance and execute a left reverse punch to the solar plexus.



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



Pivot clockwise 180 degrees into a right back stance and execute a right low block.



Shift into a right front stance and simultaneously execute a left reverse punch to the solar plexus.



Shift back into a right back stance and execute a right open palm block to the left protecting your head.



Keeping your right hand and palm in place, shift into a right front stance and simultaneously execute a left horizontal spear hand to the throat.

The front stance is low and “soft” with the rear knee bent.



Keep your palm block and your spear hand in place. Without allowing your floor foot to pivot on the kick, execute a left stepping front kick to the solar plexus with full recoil.

Do not step down with your left foot.



Jam and load for a left back knuckle.



Lunge forward into a left twist stance keeping knees slightly bent, with the right foot going behind the left, and execute a left back knuckle.



Step back into a left front stance and simultaneously executing a right reverse punch to the solar plexus.



Shift into a left back stance and simultaneously execute a left jab to the nose.



Shift into a left front stance and simultaneously execute a right reverse punch to the solar plexus.



Look left. Load right hand over the left for a low open “X” block.



Keeping your back straight, twist your body to the left, pivot your left foot 90 degrees to the left while lowering your left knee almost to the floor.

Execute a low open “X” block.



Pivot counter clockwise to the left, turn 90 degrees, bringing your feet together.

Place right palm over left and as you rise, pivot your hands keeping them close to your body...



...bringing them up forming a 45 degree angle and you are looking through the notch formed by your hands. Execute the escape from a bear hug. Knees are slightly bent and hands do not touch the uniform prior to the escape.

At the completion of the escape, your forearms are at a 45 degree angle to your body with your fists facing palm out.



Look right.

Execute a simultaneous right rear elbow strike to the ribs and a left punch to the nose over your right shoulder.



Simultaneously open both hands. Grab the hair with the left hand and the groin with the right.



Execute an over the shoulder throw by stepping straight back with the right foot and dropping down to your right knee as your opponent is thrown down in front of you. When you finish you are looking down at your opponent, your back is straight and your right fist is palm forward.



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



Lunge back into a left back stance and execute a left knife hand block.



Shift into a left front stance and simultaneously execute a right reverse punch to the solar plexus.



Execute a right stepping inside crescent knocking your opponent's hands out of their guard position.



Step down with the right foot so that the heel faces the direction of the attack with the toes facing towards the instep of the left foot forming a "T". Your body is momentarily twisted 180 degrees away from your opponent.



Without moving your feet, continue to twist your body counter clockwise and execute a left open hand back slap to the side of the face keeping your arm slightly bent.



Your hand remains extended in the direction of the attack, holding your opponent's head. Execute a phase 2 jumping inside crescent kick to your opponent's temple.



Land in a horse stance facing 90 degrees counter clockwise from the line of attack. Simultaneously execute a right horizontal elbow smash to the temple.

Look right.



Slide up into a right twisted stance and simultaneously execute a right reinforced downward back knuckle to the bridge of the nose.



Look left. Load your fists right over left on your right hip for a cross hand collar grab.



Pivoting counter clockwise on the right foot turn 180 degrees into a left back stance. Simultaneously extend both arms out and grab your opponent's collar.



Pull your opponent towards you and execute a head butt to their nose.



Shift into a left front stance and simultaneously extend your arms to push your opponent away to arms length.

Maintain the collar grab.



Take your opponent down by executing a right stepping inside crescent kick over the out stretched arms. As the opponent is pulled down pivot 180 degrees counter clockwise on the left foot.



End the sequence by kneeling on the left knee and executing a left reverse punch to the nose. KIAI!



Look up and to 45 degrees to the left.



Stand and load for a left instep round kick while simultaneously raising your hands to the guard position. Execute a left instep round kick to the groin with full recoil with toes pointed. Do not step down.



Execute a left side kick to the solar plexus with full recoil.



Step down placing your left foot facing the instep of the right forming a "T" .



Without moving the left foot twist your body clockwise and load for a right sweeping hooking heel kick. The foot sweeps for approximately 12 inches before performing the hook. The triple kicks must be performed at three different levels of the body.



Execute a right sweeping hooking heel kick to the temple with full recoil and set your foot down into a left fighting back stance.



Look right 90 degrees. Load for a right instep round kick to the groin keeping your hands in a guard position.



Execute a right instep round kick to the groin with full recoil and toes pointed. Do not step down.



Execute a right side kick to the solar plexus with full recoil.



Step down placing the right foot with the toes pointing towards the left instep forming a "T".



Without moving your right foot, twist your body counter clockwise and load for a left sweeping hooking heel kick. Execute the left hooking heel kick to the temple with full recoil. The foot sweeps for approximately 12 inches before performing the hook. The triple kicks must be performed at three different levels of the body.



...set the left foot down into a right fighting back stance.



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



Pivoting on the left foot counter clockwise 225 degrees. Lunge back into a left back stance and execute a left knife hand block.



Shift into a left front stance and simultaneously execute a right reverse punch to the solar plexus.



Execute a right stepping inside crescent kick knocking your opponent's hands out of their guard position.



Step down with your right foot so that your heel faces the direction of the attack. Your right toes are pointing towards the instep of the left foot forming a "T". Your body is twisted momentarily 180 degrees away from your opponent. Continue to twist your body counter clockwise and execute a left hand back slap to the side of the face keeping your arm slightly bent. Your hand remains extended in the direction of the attack.



Holding your opponent's head with your left hand, execute a phase 2 jumping inside crescent kick to your opponent's temple.



Still holding the head, land in a side straddle stance facing 90 degrees counter clockwise from the line of the attack simultaneously executing a right horizontal elbow strike to the temple.



Turn your left hand so that it is palm out. Grab your opponent's collar.



Simultaneously pull your opponent by the collar to the left and kick your opponent's feet out from underneath him to the right with your left foot.



Drive your opponent to the ground with the left hand, kneeling on your right knee and executing a right reverse punch to the nose. KIAI!



Look up. Rise up and return to the beginning salute position.

Return to Parro upon command.

Koon San Goon



Choombee



Salute. Form a delta with thumbs and forefingers. Eyes look through the delta. Raise hands upward to a 60-degree angle.



Separate hands into knife hands, at 11 & 1 o'clock positions at the same time snap your eyes forward.



Snap hands to (shoulder width) 10 & 2 o'clock position rise to the balls of your feet. Slowly drop hands from the 10 & 2 position hands, remain palm out, down to the 8 & 4 o'clock positions.



At 8 & 4, snap right hand as an inside chop at 110 degrees into open left palm. When the hands come together your heels simultaneously drop to the floor.



Look left. Load for a left high-reinforced block.



Turn left 90 degrees into a left back stance and a high-reinforced block.



Look right. Load for a right high-reinforced block.



Turn 180 degrees into right back stance and a high-reinforced chop.



Look left, Turn left 90 degrees, fold left hand for a knife hand chop and the right hand a knife hand jam to the throat and right knee jam.



Step down with right foot into a horse stance while simultaneously execute a left hand knife hand chop, chambering right fist.



Center punch with right fist.



Fold for a right outside block.



Execute outside block with full hip turning 45 degrees to the left.



Left center punch into horse stance.



Fold for a left outside block.



Execute outside block with full hip turning 45 degrees to the right.



Load for a stepping right reinforced chop.



Execute a stepping reinforced chop into a back stance moving down the center.



Load for a left reinforced chop.



Execute a stepping left reinforced chop into a back stance.



Jam & load for a reinforced spear hand.



Execute a stepping reinforced spear hand into a front stance. Kiai!



Look left. Load hands on right hip, right over left (approximately 4 inches apart) in knife hand position.



Turn 180 degrees into a left foot forward front stance. While executing a left open hand high block and a right hand inside chop at eye level.



Stepping right front kick...



recoil... pivot 180 degrees, step back with right foot into front stance.



Right hand palm heel strike, then groin grab, twist (left hand loaded at shoulder seam at 45 degree angle and slides down the arm)...



...pull back into a back stance with right hand wrist high to the rear and left hand low block. The left hand closes into a fist as soon as it clears the right hand.



Right hand groin grab into left front stance. Grab, twist...(left hand loaded at shoulder seam at 45 degree angle and slides down the arm)



...pull back into a left side standing position, knees bent, with right hand chambered and left hand in a low block.



Look left. Load hands on right hip, right hand over left.



Turn 180 degrees into a left front stance and execute a left open hand high block and a right hand inside chop.



Stepping right front kick, recoil...



...pivot 180 degrees, step back with right foot into front stance.



Right hand palm heel strike, groin grab, twist (left hand loaded at shoulder seam at 45 degree angle and slides down the arm)...



...pull back into a back stance with right hand wrist high to the rear and left hand low block. The left hand closes into a fist as soon as it clears the right hand...



Right hand groin grab into left front stance.



Grab, twist, pull back into a right side standing position with right hand chambered and left hand in a low block.



Look left, pivot 90 degrees loading hands on right hip left over right.



Load for a left bottom fist and left side kick.



Execute the left bottom fist and sidekick.



Recoil, land into a left front stance and execute a right cross elbow.



Look right. Turn 180 degrees into a right foot forward back stance.



Load for a right bottom fist and right side kick.



Execute the right bottom fist and sidekick.



Recoil, land in right front stance. Execute a left cross elbow smash..



Look left. Turn 180 degrees executing a left high reinforced chop.



Look right. Turn 45 degrees executing a stepping right high reinforced chop.



Look right. Turn 90 degrees executing a stepping right high reinforced chop.



Look left 45 degrees. Load for a left high reinforced chop.



Turn 45 degrees executing a stepping a left reinforced high chop.



Look left. Load hands left hip, right over left.



Turn 90 degrees into a left front stance executing a left high open block and a right inside chop.



Execute a right stepping front kick...



... recoil and load for a right downward extended back knuckle.



Execute a right downward extended back knuckle landing with feet crossed (left behind right).



Jam and load for a right outside block.



Step back with left foot into a right front stance and execute a right outside block...



...Left reverse punch...



...right center punch.



Look left. Turn 180 degrees on left foot. Execute a fast salute... (double break optional)



...ending with left hand inside chop into right hand. (Forearms are at approximately 110 degree angle)



Drop down (looking over the valley) Snap head quickly to the right.



Scan the valley to the left. When your head reaches approximately $\frac{3}{4}$ of the way, snap your head all of the way to the left.



Turn to left 180 degrees keeping low, execute a center reinforced chop.



Load for a right high reinforced chop.



Step into a right center reinforced chop.



Look left load for a low block.



Turn 270 degrees into a left foot forward back stance and execute a low block.



Reverse punch into forward stance.



Look right. Jam and load for low block.



Turn right 180 degrees into right foot forward back stance low block.



Left hand reverse punch into front stance...



...then right hand center punch.



Slide left foot up next to right.



Look right. Load right hand over left on left hip.



Load for a right bottom fist and right side kick.



Execute a right bottom fist/right sidekick.



Recoil, look left and load for a left high reinforced chop.



Step back into a left back stance and execute a left high reinforced chop.



Jam and load for a reinforced spear hand.



Step through into a right front stance and execute a right reinforced spear hand strike.



Grab, pull behind the back...



...execute a left hand spinning bottom fist.



Slide up back knuckle strike



Right horizontal forearm smash.



Jam and load for a right hand low block.



Execute a right hand low block in side stance...



...left reverse punch and right low elbow strike to the rear in side stance.



Step through right low block/left outside block.



Load high right hand over left for a low cross block in side stance.



Execute low cross block.



Load low right hand over left on right hip for high cross block.



Execute right cross block while simultaneously bring feet in from a horse stance to a normal stance.



270-degree turn holding opponent's arm.



Phase 2 front kick landing with right foot in front on left knee in a low block Kiai!



Look over right shoulder.



Parro.

Chun Kuk Do Standardized Bo Kata



Choombee



Snap your head and eye contact 45 degrees to the left and step back with your left foot 45 degrees in a ready position. Kiai!



While holding the bo, your right hand will cross in front of your waist and over the left arm, both arms making a large circle back around to your sides...



...as your right hand reaches the 4 o'clock position your head and eyes will snap to the front...



Set 1

...at the same time your left hand will slowly make its way to grab the bo under your right elbow bringing the bo directly in line with the right leg facing down at a 45 degree angle.



Step forward with your right foot into a modified front stance executing a right outside downward strike. Kiai!



Execute a left cross strike...



...step through with the left foot and execute a right thrust to the rear...



...execute a left cross strike to the rear.



Step back with right foot and execute a right cross strike to the front.



Using slide up footwork execute a right sweeping inside downward strike in a modified front stance. Kiai!



Set 2

Execute a left thrust to the rear...



...and a right cross strike to the rear.



Step through with the right foot and execute a left thrust to the front...



...and a right cross strike to the front.



Execute a right sweeping inside downward strike in a modified front stance. Kiai!



Set 3

Snap your head and eye contact to the left. Step back with the right foot at a 45 degree angle into a left front stance.



Execute a high block...



...load...



...and a low block.



Execute a left cross strike...



...and a right cross strike.



Execute a half turn to the right while executing a right overhead cross strike into a forward stance.



Execute a left thrust in a side stance back towards the original direction that the set started.



Right thrust in a side stance the opposite direction. Kiai!



Using slide up footwork, execute a figure eight switch behind the back...



...step forward with your right foot towards the 10 o'clock position executing a right inside downward strike. Kiai!



Set 4

Snap your head and eye contact to the left towards the 8 o'clock position. Stepping back with the right foot towards the 2 o'clock position into a front stance, executing a left cross strike...



...a right cross strike...



...a left cross strike...



and a right reverse downward strike while stepping through with the right foot toward the 8 o'clock position.



Pivot into a twisted stance facing the 2 o'clock position. Bring the right hand with the bo in hand down towards the floor...



...separate arms, up and out in a large circle over the head towards the 2 o'clock position pausing at a 45 degree angle while the left hand is doing the same circular motion in the opposite direction.



Set 5

Step though with the right foot, spin stepping backwards with the left foot...



...executing a double figure eight...



...execute a right outside downward strike while stepping into a right modified front stance. Kiai!



Adjust the right foot into a right front stance and execute a left upward strike...



...a right outside downward strike...



...a left cross strike...



...a right cross strike...



...a right overhead cross strike...



...a left overhead cross strike...



...and a right thrust. Kiai!



Set 6

Execute a right overhead cross strike...



..turn left, step with right foot towards the 8 o'clock position...



...spin step back with the left foot into a modified forward stance executing a behind the back single handed baseball bat swing...



...finishing with a right outside downward strike. Kiai!



Set 7

Snap your head and eye contact to the left...



...pivoting to the left on the left foot into a left front stance and execute a vertical block toward the 10 o'clock position.



Step towards the 12 o'clock position with your right foot executing a left upward strike...



...a right outside downward strike...



...a left cross strike...



...right cross strike...



...and right thrust. Kiai!

Set 8



Execute a figure eight pass behind the back...



...double hand roll while turning to the left stepping with the right foot towards the 6 o'clock position.



...spin stepping with the left foot toward the 6 o'clock position...



...stepping with the right foot into a forward stance while executing a behind the back pass into a vertical fold for a baseball bat swing.



Set 9

Execute a two handed baseball bat swing...



...double circle under the arm...



...while the left foot slides up...



...the right foot steps through...



...while the left foot executes a spinning stepping into a right modified front stance towards 12 o'clock...



...finishing with a right outside downward strike. Kiai!



Set 10

Execute a left upward strike...



...right outside downward strike...



...left cross strike...



...right cross strike...



...right thrust. Kiai!



Execute a two handed double figure eight while stepping with the right foot towards the 6 o'clock position...



...spin stepping back with the left foot into a modified left front stance...



...and execute a right downward strike. .Kiai!



Closing

Slide right foot back to attention and execute a left knife hand chop and a right overhead cross strike, both to the sides at a 45 degree angle.



Come to attention and bow.

Parro.

Jion



Choombee



Salute

Feet come together along with forearms (palms in and fist up) Drop down into squatting position while maintaining foot and arm position.



Stand up punching out and down.



Left foot moves back into right front stance executing a left low/right outside block.



Look left 45 degrees folding for a double forearm block. Left arm on the outside.



Step left 45 degrees and execute double forearm block left foot forward front stance.



Pull in with right hand palm up.



Right stepping front kick, recoil...



...land in a right front stance and right center punch.



Left reverse Punch..



...right center punch.



Turn 45 degrees to the right folding for a double forearm block. Left arm on the out side.



Execute double forearm block, right foot forward front stance.



Pull in with left hand palm up.



Left stepping front kick, recoil...





...land in a left front stance and left center punch.



Right reverse punch...



...left center punch.



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



Turn 45 degrees into a left foot forward back stance and execute a left high block. (moving down the center)



Right reverse punch into a forward stance.



Jam and load for a right high block.



Step forward into a right foot forward stance high block.



Step through center punch. Kiai!



Slide right foot up and out into a side stance.



Look left. Load hands on right hip left over right.



Turn left 270 degrees into a left back stance and execute a right high block and a left forearm block.



Chamber right hand. Extend and open left hand with palm out thumb down.



Stay in back stance. Grab twist pull left hand into chamber while executing a right reverse punch (stay in back stance).



Look right. Chamber hand on left hip (right over left).



Turn right 90 degrees into a right foot forward back stance executing a left hand high, right forearm block.



Chamber left hand. Extend and open right hand, thumb down palm out.



Stay in back stance. Grab twist pull right hand into chamber while executing a left reverse punch.



Look left. Jam and load for a low block.



Turn 90 degrees stepping into a left foot forward front stance left low block.



Going down the center, Step into right foot forward side stance,...



...execute a circular low outside ridge hand strike. (left hand chambers in an open ridge hand)



Spinning towards your back...



into a left foot forward side stance execute a circular center outside ridge hand strike.



Step into a right foot forward side stance...



...execute a circular high outside ridge hand strike.



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



Turn 90 degrees into a left foot forward back stance and execute a left outside block.



Slide right foot up to left foot. Extend right arm down into a low block position.



Execute a double left low, right outside block



Fold for double low block (looking over crossed fists) with left hand loading on the outside.



Execute a double low block.



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



Turn 180 degrees into a right foot forward back stance and right outside block.



Slide left foot up to your right foot. Look left load knuckle to knuckle on your right hip for a reinforced outside block.



Pivot to the left, keeping feet together. Execute the reinforced left outside block.



Load for double low block with left arm on the outside.



Execute the double low block (keep feet together).



Chamber both hands in.



Extend both hands and arms straight out in front of you backs touching, palms out.



Grab. Right leg steps back into a left foot forward front stance, executing a head butt.



Right leg comes forward into a right foot forward lunge position executing a low cross block.



Stepping back with the left foot (while standing up) into a right foot forward front stance execute a double low block.



Step through with left leg into a left foot forward front stance, execute a double forearm block.



Step through with right leg into a right foot forward front stance, execute a right reinforced uppercut.



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



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



Jam and execute a stepping right hand center punch in right front stance.



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



Turn 180-degrees and execute a right low block in a front stance.



Stepping left hand center punch in left front stance.

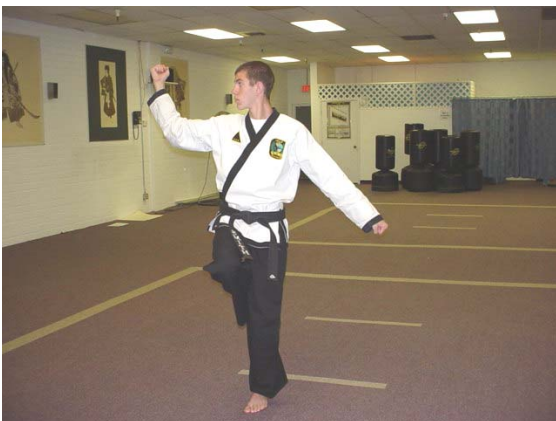




Look left. Jam and load for a left low block.



Turn 90-degrees and execute a low block into a left front stance.



Stepping through bear hug break. (Arch back, right foot tucks in behind the left knee).



Landing in a side stance, right low block, left back knuckle strike.



Stepping through bear hug break (Arch back, left foot tucks in behind the right knee).



Landing in a side stance, left low block, right back knuckle strike.



Stepping through bear hug break (Arch back, right foot tucks in behind the left knee).



Landing in a side stance, right low block, left back knuckle strike.



Left foot steps behind the right, squatting to the floor. Left foot stays on the ball of the foot, right foot stays flat.

Fold for double outside block with right arm on the bottom.



Execute double outside block.



Look left. Load for a left low chop.



Left foot steps left into a left foot forward back stance, executing a left low chop right back knuckle strike.



Chamber right hand, execute a right hand groin grab into a front stance.



Grab, twist, rip into left low chop, right back knuckle strike into a left back stance.



Slide left foot back into cat stance, chamber both hands.



Step out into left front stance and execute a double center punch (fists together, palms down, thumbs touching.)



Looking to the front, Left foot steps behind the right, squatting to the floor. Left foot stays on the ball of the foot, right foot stays flat.

Remain squatting, fold for double outside block with right arm on the bottom.



Execute double outside block.



Stand sliding right foot into a right foot forward back stance. Execute a right low chop and left back knuckle strike.



Chamber left hand. Execute a left hand groin grab into right front stance.



Grab, twist, rip into right low chop left back knuckle strike, right back stance.



Slide right foot back into cat stance, chamber both hands.



Step into right front stance and execute a double center punch (fists together, palms down, thumbs touching.) Kiai!

Finish form with beginning salute.



Look left, Feet come together along with forearms (palms in and fist up) Drop down into squat while maintaining foot and arm position.



Stand up punching out and down.



Parro.