

BLUE BELT

BLUE BELT

- **Blue Belt**

- Form: Pyung Ahn Sam Dan
- One Step Sparring: None
- Self-Defense: None

- **Blue Belt with I stripe**

- Form: Pyung Ahn Sam Dan
- One Step Sparring: #13, #14
- Self-Defense: 1 on 1: #1, #2

- **Blue Belt with II stripes**

- Form: Pyung Ahn Sam Dan
- One Step Sparring: #13, #14, #15, #16
- Self-Defense: 1 on 1: #1, #2, #3, #4

PYUNG AHN SAM DAN

Look to Left

1. Turn Left into a Back Stance

- ❖ Left hand Middle Block

2. Bring Right Foot Beside Left Foot to an Attention Stance

- ❖ (Bring your right hand to your left hip) Right Hand Middle Block & Left Hand Low Block
- ❖ (Bring your left hand to your right hip) Left Hand Middle Block & Right Hand Low Block

3. (Bring your left hand to the right shoulder) turn and step 180° to the right

- ❖ Right hand Middle Block, in a Back Stance

4. Bring Left Foot Beside Right Foot to an Attention Stance

- ❖ (Bring your Left hand to the right hip) Left Hand Middle Block & Right Hand Low Block
- ❖ (Bring your right hand to the left hip) Right Hand Middle Block & Left Hand Low Block

5. Turn to the Left 90° in to a **Front Stance**
 - ❖ Two Fist Middle Block (W/ Left Hand Blocking and your right fist at your left fore arm)

6. Step Forward with your right foot into a **Front Stance**
 - ❖ Right Spear hand (Left Hand Bracing Under Elbow)

7. Step behind your right foot with your Left foot (on to #12) making an X with your legs (Trapping Opponent's Hand on your lower back)

8. Continue to the rest of the 180° Turning over the left shoulder into a **Horse Stance**
 - ❖ Left Hammer Fist (Right Hand at Waist)

9. Step Forward with the right foot into a **Front Stance**
 - ❖ Right Middle Punch. Keep!

Second Half

1. Crane Stance Maneuver

- ❖ Pivot Left 180° at the same time
 - put your arm out to your sides fingertips toward the sky
 - bowing your chest to the floor
 - Chin up
 - Bring Left Foot Back to Right Attention Stance
 - Hands come into the knees and ends at the waist (like pulling up your pants)

2. Right Outside to Inside Kick chamber the leg and land in a Horse Stance

- ❖ Right Elbow Block
- ❖ Right Hammer Fist (Hands Return to Waist)

3. Left Outside to Inside Kick chamber the leg and land in a Horse Stance

- ❖ Left Elbow Block
- ❖ Left Hammer Fist (Hands Return to Waist)

4. Right Outside to Inside Kick chamber the leg and land in a Horse Stance

- ❖ Right Elbow Block
- ❖ Right Hammer Fist (Right Hand stays out)

Last 4 Movements

1. Step forward left foot front stance

- ❖ Left Hand Middle Punch

2. Breathing Movement

- ❖ Slide your right foot to your left
- ❖ then slide it out slowly into a horse stance (breathing out slowly & deeply)

3. Turn 180° over the left shoulder into a horse stance

- ❖ Left arm elbow to solar plexus
- ❖ Right arm punch over left shoulder

4. Jump to the Right landing in the same horse stance

- ❖ Left hand Punch over right shoulder
- ❖ Right arm elbow to the solar plexus Keop!

BLUE BELT | STRIPE

ONE - STEP SPARRING

#13

Counts: (check distance chest to chest)

1. Step back with your left foot into a **Back Stance**
 - ❖ right hand middle knife hand block.
2. Grab their punch hand with your right hand
 - ❖ right leg round house kick (foot lands back down in front)
 - ❖ same leg inside to outside kick over their hand (switching attackers hand form one hand to the other and back as you kick)
3. Step behind the attacker's front foot with your left foot
 - ❖ bring your left hand across the their chest
4. Sweep their front foot
 - ❖ Switch the attackers hand to your left hand in a wrist lock (when the attacker lands on the ground)
 - ❖ right hand reverse punch to the face, Keop!

#14

Counts:

1. Step back with your Right foot into a Back Stance
 - ❖ Left hand middle knife hand block.
2. Grab their punch hand with your Left hand
 - ❖ Left leg round house kick (foot lands back down in front)
 - ❖ same leg inside to outside kick over their hand (switching attackers hand form one hand to the other and back as you kick)
3. Step behind the attacker's front foot with your Right foot
 - ❖ bring your Right hand across the their chest
4. Sweep their front foot
 - ❖ Switch the attackers hand to your Right hand in a wrist lock (when the attacker lands on the ground)
 - ❖ Left hand reverse punch to the face, Keop!

SELF-DEFENSE

1 ON 1 GRIP

#1

1. Step out with your right foot onto #2 in a Front Stance

❖ Cha Cha

❖ bring your right hand to your right ear

❖ Bring your left hand by your right elbow

2. Chop Chop

❖ Left hand chops to the opponent's temple

❖ right hand chops opponent's neck (at the same time). Keop!

#2

1. Step out with your left foot onto #10 into a Front Stance
 - ❖ circling your left hand under your right hand (in a small circular pattern) onto the top of your opponent's wrists trapping them
 - ❖ (at the same time pull) your right hand to your left shoulder
2. Chop with you right hand to attacker's neck Keop!

BLUE BELT II STRIPES

ONE – STEP SPARRING

#15

Counts:

1. Step out with your left leg onto #10 into a Front Stance
 - ❖ right hand middle knife hand block.
2. Grab attackers wrist
 - ❖ right leg round house kick to the stomach chambering your right leg into a side kick chamber
 - ❖ right leg side kick to the side of attacker's front knee
 - ❖ right foot lands onto the original #2 position
 - ❖ (pivot to the right) doing a ridge hand with your left hand to your opponent's kidney
3. Circle your left hand (in a counter clock wise fashion blocking) the attackers punch with a middle knife hand block
 - ❖ pivot left into a front stance and reverse punch to the attacker's face with your right hand.
4. Cha Cha
 - ❖ Bring your left hand to your left ear and your right hand to your left elbow
 - ❖ (pivot back to the right) crouching as you pivot
 - ❖ right hand Soo Do chop and left hand ridge hand. Keop!

#16

Counts:

1. Step out with your Right leg onto #2 into a Front Stance
 - ❖ Left hand middle knife hand block.
2. Grab attackers wrist
 - ❖ Left leg round house kick to the stomach chambering your Left leg into a side kick chamber
 - ❖ Left leg side kick to the side of attacker's front knee
 - ❖ Left foot lands onto the original #10 position
 - ❖ (pivot to the left) doing a ridge hand with your Right hand to your opponent's kidney
3. Circle your Right hand (in a clock wise fashion blocking) the attackers punch with a middle knife hand block
 - ❖ pivot Right into a front stance and reverse punch to the attacker's face with your Left hand.
4. Cha Cha
 - ❖ Bring your Right hand to your Right ear and your Left hand to your Right elbow
 - ❖ (pivot back to the Left) crouching as you pivot
 - ❖ Left hand Soo Do chop and Right hand ridge hand. Keep!

SELF-DEFENSE

1 ON 1 GRIP

#3 (Opponents pushes in on your wrists) (you push out resisting them)

1. Snap your arms inward (**grabbing your opponents left wrist with your left hand**)
 - ❖ Pull your right hand out of their grip.
2. Cross stepping with your right foot
 - ❖ snap your shoulder into your opponent's right elbow. (**sliding your right hand onto your opponents right hand/wrist while keeping attackers at your belly button**)
3. Step 135° to the left
 - ❖ bringing your opponents left hand up and over your head into a wrist lock. (**remember to keep your attacker's elbow sliding across your back to your opposite elbow**)
4. Right hand reverse punch
 - ❖ round house kick Keop!

#4 (Opponent pushes in on your wrists) (you push out resisting them)

1. Snap your arms inward (**grabbing your opponent's right wrist with your right hand**)
 - ❖ Pulling your left hand out of their grip
2. Left hand back fist to the groin.
3. Cross step with your right foot onto #10 into a **horse stance**
 - ❖ pushing your shoulder into attacker's elbow
 - ❖ Switching hands so that your left hand is across the back of the opponent's hand. (**preparing for the pinky lock same lock as in 2 on 1 #3**)
4. Step 135° to the left
 - ❖ bringing your opponents Right hand up and over your head into a wrist lock w/ the pinky lock (**remember to slide attacke's elbow across your back to your opposite elbow**)
 - ❖ right hand reverse punch **Keop!**