

BROWN BELT

- **Brown Belt**

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

- **Brown Belt with I stripe**

- Form: Pyung Ahn Oh Dan
- One Step Sparring: # 21, # 22
- Self-Defense: Knife Self Defense-Forward Stab: # 1, # 2

- **Brown Belt with II stripes**

- Form: Pyung Ahn Oh Dan
- One Step Sparring: # 23, # 24
- Self-Defense: Knife Self Defense-Forward Stab: #3, # 4



PYUNG AHN OH DAN

Look to Left

1. Turn head to the left stepping out doing a Left Middle Block in a **Back Stance**
 - ❖ Right Reverse Punch (stopping the punch at the front knee)
2. Slide Right Foot To Left into an **Attention Stance**
 - ❖ Shifting Hands to Right Side (Right Hand at Belt & Left Hand Chambered Above it) {This is Done Slowly until the last second then snap into position}
3. Turn Head to Right stepping out doing a Right Middle Block in a **Back Stance**
 - ❖ Left Reverse Punch (stopping the punch in the front knee)
4. Slide Left Foot To Right into an **Attention Stance**
 - ❖ Shifting Hands to Left Side (Left Hand at Belt & Right Hand Chambered Above it) {This is Done Slowly until the last second then snap into position}

5. Step Out with Right Foot down the center into a **Front stance**
 - ❖ Reinforced Two Fist Middle Block (**right hand blocking, left hand reinforcing**)

6. Step Forward Left Foot into a **Front Stance**
 - ❖ Low Knife hand X-Block (**Right Hand On Top**)
 - ❖ (pull hands back to Right hip, Rocking back into a **horse stance**)
 - ❖ High Knife hand X-Block (**Right Hand On Top**) into a **Front stance**

7. Chamber Right Leg for Front Snap Kick
 - ❖ Hands Swivel and Chamber to Right Waist (**Left Hand On Top**)

8. Falling Forward (Landing with your Right Foot **Front Stance**)
 - ❖ Left Hand Knife hand (**Soo Do Palm Down**) Attack (**while your foot is still in the air**)
 - ❖ Right Middle Punch as Foot Lands in a **Front Stance**, Keop!

Second Half

1. Pivot Left 180° facing toward the back doing an Outside To Inside Block W/ Right Hand
 - ❖ Outside to Inside Kick with the right foot landing in a **Horse Stance**
 - ❖ Right Hand Side Low Block
2. Snapping your head to the left looking over your left shoulder
 - ❖ Left Hand Backhand Smack
3. Outside to Inside Kick with your Right Foot (**Hitting Left Hand**) landing in a **Horse Stance**
 - ❖ Right Elbow Smash
4. Looking over your right shoulder and bringing Left Foot Behind Right bending your knees
 - ❖ Right hand Reinforced Back fist (**Right Fist Just Below Eye Level**)
5. Turn Head to Left (**sharp breath in thru the nose**)
 - ❖ Step Out With Left Foot into a **Back Stance**
 - ❖ (**pulling right hand down as a short chamber**) Raising Uppercut to Outstretched Position, (**W/ Left Hand at shoulder Level Elbow Bent 90°, Right Hand Uppercut**)
6. Lifting Left leg into the air and bring it back down jumping
 - ❖ (**Jump for Height**) Right Foot in Front Left leg lands with toes behind right heel crouching down
 - ❖ Low X-Block Keop!

Last 5 Movements

1. Pivot 90° to the right into a **Front Stance** with the right foot
 - ❖ Reinforced Two Fist Middle Block with the right hand blocking
2. Pivot 180° to the left into a **front stance** (left leg in front)
 - ❖ Right Low Spear hand to the groin
 - ❖ Grab and Pull with the right hand to High Side Middle Block sliding the left foot back into a **back stance**
 - ❖ Left Hand Low Block at the same time as middle block
3. Slide your Left Foot to Right Foot into an **Attention Stance**
 - ❖ Sliding the Left Foot up the right leg to the knee and bringing it back down into an attention stance (when the left toes reach the ground come up on the right toes and set both heels on the ground at the same time with a snap of movement)
4. Pivot Left 180° Without Moving Feet or Bending Knees (just allowing the balls of the feet to pivot on the ground)
 - ❖ Mountain Block (Double Side Middle Blocks)
5. Snapping head to the right
 - ❖ Pivot right 90° stepping out with the right foot into a **Front Stance**
 - ❖ Left Low Spear hand to the groin
 - ❖ Grab and Pull with the left hand to High Side Middle Block sliding the right foot back into a **Back Stance**
 - ❖ Right Hand Low Block at the same time as the middle block



BROWN BELT | STRIPE

ONE-STEP SPARRING

21

Counts:

1. Step forward with right foot (**on to the #1 on the clock**) into a side **horse stance**
 - ❖ open knife hand block with the left hand (**at the same time**)
 - ❖ right hand short vertical punch to the solar plexus
2. Pivot away from the opponent with a right arm rising upper cut elbow in a **Front stance**
3. Pivot back to the opponent with a left hand plier hand in a **Front stance**. Keop!

22

Counts:

1. Step forward with Left foot (**on to the #11 on the clock**) into a side **horse stance**
 - ❖ open knife hand block with the right hand (**at the same time**)
 - ❖ Left hand short vertical punch to the solar plexus
2. Pivot away from the opponent with a left arm rising upper cut elbow in a **Front stance**
3. Pivot back to the opponent with a right hand plier hand in a **Front stance**. Keop!



KNIFE SELF-DEFENSE **FORWARD STAB**

#1

Attack: Forward stab

Counts:

1. Side-step to the right with your right foot into a short **front stance**
 - ❖ moving your left hand in a downward arc to block to attacker's arm with an open hand palm
2. Pivot into a left facing **front stance**
 - ❖ Punch the attacker's arm in between the wrist and the elbow (**to the pressure point on the forearm**)
3. Chop with your right hand to the attacker's neck.
4. Grab the attacker's wrist with your left hand
 - ❖ Grab their neck with your right hand (like #7 one step sparring)
 - ❖ knee attack, Keop!

#2

Attack: Forward stab

Counts:

1. Step out Left foot onto #11 into a **horse stance**
 - ❖ Double handed chop block to attacker wrist and forearm
2. Pivot to the right grabbing the opponents hand and wrist using the sensei dots for a wrist lock (**like playing the video game form same side #3**).
3. Pivot back left twisting the opponent's arm into a wrist lock.
4. Right leg round house kick. Keop!



BROWN BELT II STRIPES

ONE-STEP SPARRING

23

Counts:

1. Step forward with right foot (**on to the #1 on the clock**) into a **side horse stance**
 - ❖ open knife hand block w/ left hand
 - ❖ (**at the same time**) right hand short vertical punch to solar plexus.
2. Left foot slides in to right foot and out pushing through opponents lead leg into a **horse stance**.
 - ❖ (**at the same time**) both hands push opponents chest knocking them off balance. Keop!

24

Counts:

1. Step forward with left foot (**on to the #11 on the clock**) into a **side horse stance**
 - ❖ open knife hand block w/ right hand
 - ❖ (**at the same time**) left hand short vertical punch to solar plexus.
2. Right foot slides in to left foot and out pushing through opponents lead leg into a **horse stance**.
 - ❖ (**at the same time**) both hands push opponents chest knocking them off balance. Keop!



KNIFE SELF-DEFENSE

FORWARD STAB

#3

Attack: forward stab

Counts:

1. Short step back with your left leg into a **back stance**
 - ❖ low floppy hand x block with your right hand on top
2. Grabbing with your right hand
 - ❖ twisting the opponent wrist upward and resecuring with your left hand to play the video game (**using the sensei dots**) like in same side #3
3. Right leg inside-out axe kick, Keop!

#4

Attack: Forward stab

Counts:

1. Step back with your left leg into a **back stance**
 - ❖ right hand downward swat block with a floppy wrist
2. Twist opponent's hand upward with a wrist lock using the appropriate sensei dots
3. When opponent is bent over
 - ❖ front snap kick with your left leg to the opponent's stomach.
4. Leaving your foot on the opponent's stomach
 - ❖ twist your hips to the right
 - ❖ applying pressure to the opponent shoulder with your shin and forcing their face to the ground.