117 S. Sunset Street Longmont, CO 80501 303.776.1887 www.trans-mafc.com

ADVANCED CYCLE 2 CURRICULUM

FORM (HYUNG) Stripe (black)

HWA-Rang: (29 movements) This form is named after the youth group which originated in the Silla Dynasty about 1350 years ago. They eventually became the driving force for the unification of the three Kingdoms of Korea. It is shaped like a capital I.

Stances: Walking Stance
L-Stance
Sitting Stance

Ki-up: 3, 11, 14, 25

Kicks: Step Thru Side Kick
Turning Kick

Attacks: Uppercut
Lead Punch
Reverse Punch
Downward Knifehand Strike
Step Thru Punch
Finger Spear
Twin Elbow Strike

Blocks: Twin Forearm Block
Low Section Block
Two Hand Cutting Block
Inward Pressing Block
Low Section Block/Outer Forearm Block

COMBINATIONS Stripe (blue)

Hand Techniques:
1. Lead Step lead Punch
2. Lead Step reverse Punch
3. Lead Vertical Punch
4. Vertical Punch

Kicks:
1. Drop Back Kick
2. Jump Snap Kick
3. Fake Right Kick Left
4. Flying Side Kick
5. Jump Lead Front Kick
6. Jump Lead Side Kick

STEP-DEFENSE Stripe (violet)

1. Slide to the side; Jump in lead sidekick, forward slide lead horizontal elbow, reverse horizontal elbow, step away heel kick, Ki-up.
2. Open hand parry, Ridgehand to body, backfist, takedown, heel stomp to face, Ki-up.
3. Step back wrist trap, spinning elbow, takedown, heel stomp, Ki-up.
4. (5 Blocks) Middle side block, 2 hand cutting block, rising block, down pressing block, inner forearm block, reverse punch, Ki-up.

SELFE-DEFENSE (Ho-Sin-Sul) Stripe (orange)

Straight Knife Thrust to Body

1. Step to the outside, hand strike, elbow or shoulder with elbow break, figure 4 takedown, put knee to side of face.
2. Step to the inside, hand strike and apply arm bar, take down, stomp to face, put arm across attackers face, hold wrist, reverse punch.
3. Step out in a circle, grab wrist, wrist take down, put knee on elbow and apply pressure on wrist.
4. Step back, goose neck block, lead leg turning kick to groin, step-in elbow on spine, elbow break.
5. Step to the inside, low circular block, shoulder lock, shin kick to face.
6. **Attack, stab punch:** Grab wrist with right hand with a left low block, left punch block with your left outer forearm and apply a right straight arm lock trapping opponents left hand, cross over to opponents left and apply armpit lock.

PHYSICAL FITNESS Stripe (yellow)

75 Sit-ups 75 Push-ups 2 Mile Run in 20 minutes

REVIEW Stripe (red)

Students will be tested on all previous stripes and the following:
A. Code of Ethics #13 – as a Martial Artists, I understand the value of human life. I am therefore committed to a drug free existence.

COURTESY Stripe (white)

The major importance of proper courtesy does not diminish as belt rank rises. In fact, it becomes more important. Instructors will expect continued improvement to qualify for this stripe.

BLACK BELT CANDIDATES ONLY

FITNESS 100 sit-ups 100 push-ups within three minutes; 3 mile run within 30 minutes TESTING FEE $150.00
SPARRING Stripe given after required amount of sparring hours are met and Sparring test is completed
BOARD BREAK 1. Power Hand Men, (2 boards) Women/Junior (1 board)
2. Power Kick Men (4 boards) Women/Junior (2 boards)
3. Fancy Kick **(Number of boards are minimums, please talk to your Instructor before testing)**

Notes: Testing fee for next belt is Adults $55.00; Juniors $27.00
BOARD BREAK (Brown stripe)
Techniques: High Blue belt – Foot: **Step Through Turning Back Kick** Red belt – Foot: **Ax Kick**
Hand: **Palm Heel Strike** Hand: **Hammer Fist**
SPARRING HOURS: 12 (Green stripe)

Goal for next Testing (minimum 6 months)