



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

INTERMEDIATE CYCLE 1 CURRICULUM

FORM (HYUNG) Stripe (black)

Won-Hyo: (28 Movements) This form is named after the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D. It is shaped like a capital “I”.

Stances: Walking Stance

L-Stance

Fixed Stance

Ki-Up: 3, 12, 26

Attacks: Inward Knife Hand

Lead Punch

Finger Spear

Reverse Punch

Blocks: Twin Forearm Block

Guarding Block

Scooping Block

Kicks: Lead Side Kick

Snap Kick

COMBINATIONS Stripe (blue)

Techniques

Hands:

1. Lead Palm Heel Strike

2. Palm Heel Strike

3. Lead Ridge Hand

4. Ridge Hand

Kicks:

1. Lead Ax Kick

2. Ax Kick

3. Switch Ax Kick

4. Outside-in Ax Kick

5. Reverse Ax Kick

Note: Foot positioning – back of heel

STEP-DEFENSE Stripe (violet)

Step defense is made up of three different counters to the standard **step-through punch** attack. The person initially being attacked will “ki-up” to initiate the step defense.

1. Ki-up; Two hand cutting block; Forward slide vertical elbow; downward hammer fist; Twist neck, knife hand to the throat, ki-up.

2. Ki-up; Jump to the inside, guarding block; Switch axe kick; Palm heel strike, ki-up.

3. Ki-up; Jump to the inside, guarding block; Snap kick to the groin, Lead side kick to solar plex w/o putting foot down; Lead knife hand strike, ki-up.

SELF-DEFENSE (HO-SIN-SUL) Stripe (orange)

1. **One hand cross wrist grab**

A. Punch; Check attacker’s hand; Using the hand being attacked grab attackers fore-arm, apply downward pressure; Follow-up knee strike, ki-up.

B. Punch; Check attacker’s hand; Using the hand being attacked, arc up and twist the attacker’s wrist so that their fingers are pointing towards them; Apply downward pressure and lock attacker’s arm and wrist in place to your thigh; Follow-up elbow strike, ki-up.

2. **Head lock**

A. Stop the choke and turn head towards opponent; Upward ridge hand to groin; Grab eyes, nose or pressure point underneath the jaw and pull back; Hammerfist to the solarplex, ki-up.

3. **Bear hug from the front**
(inside the arms)

A. Cup hands and strike ears; Horizontal elbow strike; Apply thumbs to pressure points under jaw; Follow-up fake right kick left, ki-up.

PHYSICAL FITNESS Stripe (yellow) “May be earned Anytime”

50 Sit-ups

50 Push-ups

REVIEW Stripe (red) “Must be earned Last”

Students will be tested on all previous stripes and the following:

A. #5 and #6 of Code of Ethics:

5. I shall continually work at developing love, happiness, and loyalty in my family and acknowledge that no other success can compensate for failure in the home.

6. I shall develop myself to the maximum of my potential in all ways.

COURTESY Stripe (white) May be earned Anytime”

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.

NOTES: Testing fee for next belt is – Adults \$45.00, Junior \$22.00

BOARD BREAK (Brown Stripe) ½ Board (8 & under); Ask Instructor (9 & up)

Technique: Green belt -**Skip Side Kick**

High Green belt –**Snap Kick**

Blue belt – **Turning Back Kick**

Goal for Next Testing (Minimum 6 months)

SPARRING HOURS: 8 (Green stripe)