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INTERMEDIATE CYCLE 2 CURRICULUM

FORM (HYUNG) Stripe(black)

Yul-Guk: (38 Movements) This form was created in honor of the great philosopher Yi I (1536-1584 A.D.) He was nicknamed “Confucius of Korea.” The number of movements represent his birthplace on the 38th degree latitude, and the shape represents “scholar.” It is shaped like a plus sign on a table in a small “v”.

Stances: Walking Stance
L-Stance
Sitting Stance

Attacks: Lead Punch
Reverse Punch
Horizontal Elbow
Finger Spear

Blocks: Dynamic Tension Cutting Block
Guarding Block
Middle Side Block
Cutting Block

Ki-Up: 3, 27, 36

Kicks: Lead Side Kick
Snap Kick

Open Hand Twin Forearm Block
Outer Forearm Block

COMBINATIONS Stripe (blue)

Hand Techniques:

1. Lead Back Fist
2. Spinning Back Fist
3. Lunge Back Fist
4. Overhand Punch

Kicks:

1. Lead Vertical Knee Strike
2. Vertical Knee Strike
3. Lead Horizontal Knee Strike
4. Horizontal Knee Strike
5. Switch Vertical Knee Strike

STEP-DEFENSE Stripe (violet)

Step defense for 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; Step-thru horizontal elbow strike; Forward slide lead horizontal elbow strike; Step-out vertical elbow, ki-up.
2. Ki-up; Step to the outside, Two hand cutting block; Lead front kick to ribs; Turning kick to temple with ball of foot, ki-up.
3. Ki-up; Step to the outside, Open palm pressing block; Reverse punch; Step-through spinning elbow; Spinning elbow; Takedown; Reverse punch, ki-up.

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

1. **Bear hug from behind** (outside arms)
 - A. Stomp on attacker’s foot, Bear hug release; Step behind attacker’s legs; Elbow strike, Hammer fist to groin; Arm sweep; Fol low-up back kick, ki-up.
 - B. Stomp on attacker’s foot; Reach down grab attacker’s leg and pull up between your legs; Follow-up back-kick, ki-up.
2. **Bear hug from behind** (inside arms)
 - A. Dig knuckle into back of attacker’s hand; Pull and bend attacker’s fingers back; Take down; Follow-up reverse punch, ki-up.
3. **Full Nelson**
 - A. Drop down with both elbows; Grab attacker’s hand; Step away, apply pressure on attacker’s wrist; Follow-up front kick to the face, 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. #7 and #8 of Code of Ethics:
 7. I will be as enthusiastic about the success of others as I am about my own.
 8. I will always remain loyal to my country and obey the laws of the land.

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**

SPARRING HOURS: 8 (Green stripe)

Goal for next Testing: (Minimum 5 Months)