



당수도미국관

**West Haven
Academy of Karate**

"Deep in the Heart of the Art"

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**Orange Belt
Study Guide**

WEST HAVEN ACADEMY OF KARATE STUDENT CREED

1. I intend to use Tang Soo Do to develop myself in a positive manner and I will avoid anything that would limit or reduce my mental growth or my physical health.
2. I intend to develop self-discipline in order to bring out the best in myself and others.
3. I intend to use what I learn in class constructively and defensively to help myself and my fellow man and I will never be abusive or offensive.

Eight Key Concepts of Tang Soo Do Mi Guk Kwan

- Courage – *Young Gi*
- Concentration – *Chung Shin Tong Il*
- Endurance – *In Neh*
- Honesty – *Chung Jik*
- Humility – *Kyum Son*
- Tension and Relaxation – *Shin Chook*
- Control of Power – *Him Cho Chung*
- Speed Control – *Wan Gup*

8th and 7th Gup Orange Belt Terminology Requirements

Tang Soo Do - Name of the art we study
Tang - Tang Dynasty (showing Chinese influence of our style)

Soo - Hand

Do - Way

Mi Guk Kwan - Brotherhood, Style in America

Mi - Beautiful

Guk - Country

Kwan - Place, Style, or brotherhood

Kwan Jhang (Nim) - Grandmaster, head of style

Sa Bom (Nim) - Master Instructor (4th Dan & Up)

Kyo Sa (Nim) - Certified Instructor (1st-3rd Dan)

Nim - A term of respect similar to "Sir" or "Ma'am"

Sun Beh (Nim) - Senior Member

Hu Beh - Junior Member

Dan - Degree, holder of the midnight blue belt

Gup - Grade, holder of a color belt

Ko Dan Ja - Senior Dan holder (4th Dan & Up)

You Dan Ja - Dan holder (1st - 3rd Dan)

Dan Bunn - Dan Number (Sa Bom Nim Riley, K26)

You Gup Ja - Gup holder

Kwan Won - Student member

Cho Bo Ja - Beginner

Dojang - Training hall (studio)

Do Bok - Training suit (uniform)

Dee - Belt

Kuk Gi - National Flag

Kwan Gi - Flag of Style, Mi Guk Kwan Flag

Soo Gi - Hand techniques

Jok Gi - Foot techniques

Neh Gung - Internal power or control in exercise

Weh Gung - External power or control in exercise

Shim Gung - Mental power or control in exercise

Ki Cho - Basic

Hyung - Form

Dae Ryun - Sparring

Ho Sin Sool - Self defense

Mahk Kee - Block

Ha Dan - Low part

Sang Dan - High part

Choong Dan - Middle part

Mahk Kee - Block

Kong Kyuk - Attack

Cha Gi - Kick

Ahp - Front

Yup - Side

Dwi - Back

O Rin Jok - Right Side

Wen Jok - Left Side

Tuel Oh - Twisting, (reverse)

Ki Hap - Yell

Shi Sun - Line of sight, focus of direction

Choong Shim - Balance

Chung Kwon - Forefist

Cap Kwon - Backfist

Soo Do - Knife Hand

Yuk Soo Do - Reverse knife hand (inside edge)

Kwan Soo - Spear Hand

Jang Kwan - Palm heel

Gi Cho Jaseh - Basic Stances

Choon Bee Jaseh - Ready Stance

Chun Gul Jaseh - Front Stance

Hu Gul Jaseh - Back Stance

Kee Ma Jaseh - Horse Stance

Sa Ko Rip Jaseh - Side stance (horse stance at angle)

Kyo Cha Rip Jaseh - Cross-legged Stance

Responsibilities of an Orange Belt

1. Know how to tie your belt properly
2. Know all of your classmates names and set a good example for the white belts.
3. Keep your uniform clean at all times.
4. Be able to recite student creed
5. Bow to your instructor and your seniors to show respect, they will then bow to you in return, which demonstrates their respect for your commitment to Tang Soo Do Mi Guk Kwan training.
6. Pay attention in class and always give 100%.

REQUIREMENTS FOR TESTING

GENERAL REQUIREMENTS

1. These ranks are assigned to individuals of good moral character who have been accepted as students by an officially recognized Dan member of the Tang Soo Do Mi Guk Kwan Association.
2. Must become a member of the Tang Soo Do Mi Guk Kwan Association, Inc.
3. No age requirement
4. Regular weekly do-jang attendance.

GENERAL KNOWLEDGE

1. Conceptual knowledge of all lower rank techniques
2. Understanding of Mi Guk Kwan spirit by demonstrated attitudes
3. Additional knowledge of the basic techniques of Tang Soo Do

DEMONSTRATION OF ABILITY

A. 8th Gup Orange to 7th Gup Orange, *Minimum 25 - 30 classes, or about 3 months*

1. Basic Hand and Foot Movements
 - a. Hand Techniques: Soo Do Low block, Reverse punches (high and middle), Soo Do center block, Two fist block (back and front stance), Spear hand attack; Hand combinations: Low block, reverse middle punch; High block, reverse high punch
 - b. Foot Techniques: Back kick, Hop side kick, Hop hook kick, Spin hook kick, Reverse hook kick, Jump front kick
2. Forms (Hyungs)
Pyung Ahn Cho Dan and Chil Sung Ee Rho
3. One - Step Sparring (Il Soo Sik Dae Ryun)
Intermediate one step sparring, #1 - #4.
4. Self - Defense (Ho Sin Sul) - Cross Hand Grabs #1 & #2
5. Free - Sparring (Ja Yu Dae Ryun)
6. Breaking (Kyok Pa) - One Board Hop Side Kick
4. Specific Knowledge of Culture and Terminology (sample questions)
What is the meaning of Tang Soo Do? Way of the empty, (worthy) or (China hand)
What is the meaning of Mi Guk Kwan? Brotherhood, style or place in America
What is a Sa Bom Nim? Master Instructor 4th Dan and up
What is a Kyo Sa Nim? Certified Instructor 1st - 3rd Dan
How do you say 'Concentration' in Korean?

B. 7th Gup Orange to 6th Gup Green, *Minimum 25 - 30 classes, or about 3 months*

1. Basic Movements (Gi Cho)
 - a. Hand Techniques: Re-inforced block (front and back stance), Yuk Jin Kong Kyuk, hand combinations, and all lower rank techniques
 - b. Foot Techniques: Same as requirement for 7th Gup as well as all lower rank technique
2. Forms (Hyungs)
Chil Sung Ee Rho and Pyung Ahn Ee Dan
3. Sparring (Dae Ryun)
Intermediate one step sparring, #5 - #8.
4. Breaking (Kyok Pa)
One board with hand technique and One board with kicking technique
5. Specific Knowledge of Culture and Terminology:

Basic: Gi Cho	Attack: Kyong Kyuk	Bow: Kyung Ret
Form: Hyung	Block: Mahk Kee	Begin: Shi Jak
Sparring: Dae Ryun	Attention: Cha Ryut	Return: Ba Ro
Meditation: Muk Nyum		

How do you say endurance in Korean? In Neh

PYUNG AHN CHO DAN

(THE BEGINNING OF THE PEACEFUL CONFIDENCE FORMS)

1. Choon Bee Jaseh - Ready Stance
2. Ha Dan Mahk Kee - Step 1/4 to the left (90 degrees) with the left leg into a front stance, while making a low block with the left hand.
3. Choong Dan Kong Kyuk - Advance forward with the right leg into a front stance, while making a middle punch with the right hand.
4. Ha Dan Mahk Kee - Turn to the right 1/2 way around (180 degrees) with the right leg into a front stance, while making a low block with the right hand.
- 4a. Cap Kwon Kong Kyuk - Break free from grip into Sa Ko Rip Jaseh (horsestance at the 45), right hand then makes back fist to the groin.
- 4b. Kwon Do Kong Kyuk - Right foot slides back, legs are straight, feet are perpendicular, right fist circles clockwise to make downward hammer fist.
5. Choong Dan Kong Kyuk - Advance forward with the left leg into a front stance, while making a middle punch with the left hand.
6. Ha Dan Mahk Kee - Turn 1/4 to the left (90 degrees) with the left leg into a front stance, while making a low block with the left hand.
- 6a. Choong Dan Soo Do Mahk Kee Chun Gul Jaseh - right hip pull back to Sa Ko Rip Jaseh (horsestance to the 45) while left hand frames under right arm before making a center open hand block in a front stance.
7. Sang Dan Mahk Kee - Advance forward with the right leg into a front stance, while making a high block with the right hand.
8. Sang Dan Mahk Kee - Advance forward with the right leg into a front stance, while making a high block with the left hand.
9. Sang Dan Mahk Kee - Advance forward with the right leg into a front stance, while making a high block with the right hand, and KIHAP.
10. Ha Dan Mahk Kee - Turn 3/4 around (270 degrees) to the left with the left leg, into a front stance, while making a low block with the left hand.
11. Choong Dan Kong Kyuk - Advance forward with the right leg into a front stance, while making a middle punch with the right hand.
12. Ha Dan Mahk Kee - Turn to the right 1/2 way around (180 degrees) with the right leg into a front stance, while making a low block with the right hand.
13. Choong Dan Kong Kyuk - Advance forward with the left leg into a front stance, while making a middle punch with the left hand.
14. Ha Dan Mahk Kee - Turn 1/4 to the left (90 degrees) with the left leg into a front stance, while making a low block with the left hand.
15. Choong Dan Kong Kyuk - Advance forward with the right leg into a front stance, while making a middle punch with the right hand.
16. Choong Dan Kong Kyuk - Advance forward with the left leg into a front stance, while making a middle punch with the left hand.
17. Choong Dan Kong Kyuk - Advance forward with the right leg into a front stance, while making a middle punch with the right hand, and KIHAP.
18. Ha Dan Soo Do Mahk Kee - Turn 3/4 around (270 degrees) to the left with the left leg, into a back stance, while making a low open hand block with the left hand.
19. Ha Dan Soo Do Mahk Kee - Advance to the 45 with the right leg into a back stance, while making a low open hand block with the right hand.
20. Ha Dan Soo Do Mahk Kee - Turn to the right 3/8 way around (135 degrees) with the right leg into a back stance, while making a low open hand block with the right hand.
21. Ha Dan Soo Do Mahk Kee - Advance to the 45 with the left leg into a back stance, while making a low open hand block with the left hand.
22. Choon Bee Jaseh - Step back with the left leg to ready position.

CHIL SUN EE RHO HYUNG **(SEVEN STAR FORM NUMBER TWO)**

1. Choon Bee Jaseh - Ready Stance
2. Ha Dan Mahk Kee Teul Oh Soo Do Kong Kyuk- Step 1/4 to the left (90 degrees) with the left leg into a front stance, while making a low block with the left hand. Then, turn the right palm down while pulling the right hip back to Sa Ko Rip Jaseh (side stance or horse stance to the angle) make reverse knife hand strike to throat level in a front stance.
3. Moo Roop Chagi - Reach out with both hands simulating grabbing the sides of someone's head. Simulate a right knee strike to the head by dropping both hands down and driving the right knee up between them . Ankle locks down, abdominal muscles are tight.
4. Choong Dan Kong Kyuk Teul Oh Choong Dan Kong Kyuk - While knee technique is still up, pull right fist back to the hip opening the hip slightly. Drive right foot forward executing a right middle punch then a left reverse middle punch.
5. Ha Dan Mahk Kee Teul Oh Soo Do Kong Kyuk - Turn to the right 1/2 way around (180 degrees) with the right leg into a front stance, while making a low block with the right hand. Then, turn the left palm down while pulling the left hip back to Sa Ko Rip Jaseh (side stance or horse stance to the angle) make reverse knife hand strike to throat level in a front stance.
6. Moo Roop Chagi - Reach out with both hands simulating grabbing the sides of someone's head. Simulate a left knee strike to the head by dropping both hands down and driving the left knee up between them . Ankle locks down, abdominal muscles are tight.
7. Choong Dan Kong Kyuk Teul Oh Choong Dan Kong Kyuk - While knee technique is still up, pull left fist back to the hip opening the hip slightly. Drive left foot forward executing a left middle punch then a right reverse middle punch.
8. Ssang Soo Mahk Kee Chun Gul Jaseh - Turn 1/4 to the left (90 degrees) with the left leg into a front stance, while making a reinforced block with the left hand.
9. Wheng Jin Kong Kyuk - Advance forward with the right leg into a side horse stance, while making a middle horse stance punch with the right hand.
10. Wheng Jin Kong Kyuk - Advance forward with the left leg into a side horse stance, while making a middle horse stance punch with the left hand.
11. Wheng Jin Kong Kyuk - Advance forward with the right leg into a side horse stance, while making a middle horse stance punch with the right hand and KIHAP!
12. Choong Dan Soo Do Mahk Kee - Turn 3/4 around (270 degrees) to the left with the left leg, into a back stance, while making a center open hand block with the left hand.
13. Choong Dan Kong Kyuk - Advance forward with the right leg into a front stance, while making a middle punch with the right hand.
14. Choong Dan Soo Do Mahk Kee - Turn 1/2 around (180 degrees) to the right with the right leg, into a back stance, while making a center open hand block with the right hand.
15. Choong Dan Kong Kyuk - Advance forward with the left leg into a front stance, while making a middle punch with the left hand.
16. Ne Gung Breathing Techniques - Turn 1/4 to the left (90 degrees) with the left leg into a front stance. Start with open hands crossed above your head, left hand on the outside. Inhale deeply, feel the energy rise into the chest. Drop or swallow the energy into the lower abdomen and breath out slowly through the mouth while dropping your hands down to eye level in a triangle motion. Deep front stance is necessary.
17. Ahp Chagi - Pull both fists straight back to the ribs while executing a right front kick face level.
- 17a. Ne Gung Breathing Techniques - Step down with the right leg into a front stance. Start with open hands crossed above your head, right hand on the outside. Inhale deeply, feel the energy rise into the chest. Drop or swallow the energy into the lower abdomen and breath out slowly through the mouth while dropping your hands down to eye level in a triangle motion. Deep front stance is necessary.
18. Ahp Chagi - Pull both fists straight back to the ribs while executing a left front kick face level.
- 18a. Ne Gung Breathing Techniques - Step down with the left leg into a front stance. Start with open hands crossed above your head, left hand on the outside. Inhale deeply, feel the energy rise into the chest. Drop or swallow the energy into the lower abdomen and breath out slowly through the mouth while dropping your hands down to eye level in a triangle motion. Deep front stance is necessary.
19. Ahp Chagi Choong Dan Kong Kyuk - Pull ***ONLY*** the right fist straight back to the ribs while executing a right front kick face level. Land forward executing a right middle punch in a right front stance
20. Ha Dan Mahk Kee Hu Gul Jaseh - Turn 3/4 around (270 degrees) to the left with the left leg, into a back stance, while making a low block with the left fist.
21. Ssang Dan Kong Kyuk - Advance forward with the right leg into a front stance, while making a high punch with the right hand.
22. Ha Dan Mahk Kee Hu Gul Jaseh - Turn 1/2 around (180 degrees) to the right with the right leg, into a back stance, while making a low block with the right fist.
23. Ssang Dan Kong Kyuk - Advance forward with the left leg into a front stance, while making a high punch with the left hand.
24. Choon Bee Jaseh - Step back with the left leg to original ready position.

PYUNG AHN E DAN
(PEACEFUL CONFIDENCE FORM NUMBER TWO)

1. Choon Bee Jaseh - Ready Stance
2. Ssang Soo Ahneso Pahkuro Mahk Kee, Sang Dan Mahk Kee Hu Gul Jaseh - Looking left, drop left hip into a back stance while making a double inside to outside block (left fist) and reverse high block (right fist) at the same time. (Inside to outside block - palm faces out.)
3. Tuel Oh Yuk Chung Kwan Kong Yuk Wheng Jin Kong Kyuk - Drop the right fist down then into a reverse upper cut while pulling the left fist to the right shoulder. Then pull the left fist back to ready position winding up the left hip, then drive out the left fist horse stance punch.
4. Ssang Soo Ahneso Pahkuro Mahk Kee, Sang Dan Mahk Kee Hu Gul Jaseh - Looking right, drop right hip and slide the right foot back into a back stance while making a double inside to outside block (right fist) and reverse high block (left fist) at the same time. (Inside to outside block - palm faces out.)
5. Tuel Oh Yuk Chung Kwan Kong Yuk Wheng Jin Kong Kyuk - Drop the left fist down then into a reverse upper cut while pulling the right fist to the left shoulder. Then, pull the right fist back to ready position winding up the right hip, then drive out the right fist horse stance punch.
6. Yup Chagi Choong Gan Jaseh - With you left foot, cut the distance of your stance in half, the pick up your right knee preparing for a right side kick to the rear. The right forearm protects across the body.
7. Yup Chagi Choong Dan Soo Do Mahk Kee - Make a right high side kick to the rear, sending your right fist out a the same time. Retract your leg before turning toward the front and landing in a back stance center open hand block left foot forward.
8. Choong Dan Soo Do Mahk Kee - Advance forward into a back stance center open hand block right foot forward.
9. Choong Dan Soo Do Mahk Kee - Advance forward into a back stance center open hand block left foot forward.
10. Kwan Soo Kong Kyuk - Advance forward into a front stance right spear hand attack and KIHAP!
11. Choong Dan Soo Do Mahk Kee - Turn 3/4 around (270 degrees) to the left with the left leg, into a back stance, while making a center open hand block with the left hand.
12. Choong Dan Soo Do Mahk Kee - Advance to the 45 with the right leg into a back stance, while making a center open hand block with the right hand.
13. Choon Dan Soo Do Mahk Kee - Turn to the right 3/8 way around (135 degrees) with the right leg into a back stance, while making a center open hand block with the right hand.
14. Choong Dan Soo Do Mahk Kee - Advance to the 45 with the left leg into a back stance, while making a center open hand block with the left hand.
15. Teul Oh Ahneso Pahkuro Mahk Kee - Slide the left foot over 45 degrees into a front stance, while making a reverse inside to outside block with the right hand.
16. Sang Dan Ahp Chagi Teul Oh Choong Dan Kong Kyuk Teul Oh Ahneso Pahkuro Mahk Kee - Right foot high front kick landing forward into a front stance while making a reverse middle punch with the left hand. Then make a reverse inside to outside block with the left hand.
17. Sang Dan Ahp Chagi Teul Oh Choong Dan Kong Kyuk - Left foot high front kick landing forward into a front stance while making a reverse middle punch with the right hand.
18. Choong Dan Ssang Soo Mahk Kee Chun Gul Jaseh - Advance forward into a front stance center reinforced block.
19. Ha Dan Mahk Kee Choong Dan Soo Do Mahk Kee - Turn 3/4 around (270 degrees) to the left with the left leg, into a front stance, while making a low block with the left hand. Then the right hip pulls back to Sa Ko Rip Jaseh (horsestance to the 45) while left hand frames under right arm before making a center open hand block in a front stance.
20. Sang Dan Mahk Kee - Advance to the 45 with the right leg into a front stance, while making a high block with the right hand.
21. Ha Dan Mahk Kee Choong Dan Soo Do Mahk Kee - Turn 3/8 around (135 degrees) to the right with the right leg, into a front stance, while making a low block with the right hand. Then the left hip pulls back to Sa Ko Rip Jaseh (horsestance to the 45) while right hand frames under left arm before making a center open hand block in a front stance.
22. Sang Dan Mahk Kee - Advance to the 45 with the left leg into a front stance, while making a high block with the left hand.
23. Choon Bee Jaseh - Step back with the left foot into ready stance.

HO SIN SOOL (SELF DEFENSE)

CROSS-HAND GRAB #1

1. Opponent grabs your right wrist with his right hand.
2. Step your right foot forward toward your opponent into Sa Ko Rip Jaseh, a side stance (horstance to the angle), at the same time releasing the right hand by rotating it counter-clockwise over your opponent's gripping hand.
3. While in the same stance, execute a right knife hand strike to the throat.
4. Make a left hand palm heel strike to the chin while pivoting into a right foot forward front stance.
5. Follow with a right hand spear hand* to the groin while pivoting into a left foot forward front stance, with a loud KI HAP when you strike.
6. Finish by pivoting into a right foot forward front stance as your left hand extends toward your opponent's chest and right hand returning to ready position.

CROSS-HAND GRAB #2

1. Just like Grab #1, opponent grabs right wrist with his right hand.
2. Start by bringing your left hand to your right shoulder, your right elbow pushing toward the gripping hand (palm facing up) while dropping your weight and right elbow.
3. Step with right foot diagonally to the right side into a right foot forward front stance, and at the same time, release your right hand with a left to right arcing motion bringing the left hand high behind your head, performing a left hand knife hand strike to the neck.
4. Execute a right hand palm heel to the chin as you pivot into a left foot forward front stance.
5. Make a left hand spear hand* strike to the groin, pivoting into a right foot forward front stance, with a loud KI HAP when you strike.
6. Finish by pivoting into a left foot forward front stance as your right hand extends toward your opponent's chest as your left hand returns to ready position.

CROSS-HAND GRAB #3

ALWAYS REMEMBER: You must be very careful when applying pressure to your opponent's wrist as flexibility of the wrist differs from person to person. Before you perform the first elbow strike, have your opponent demonstrate his leg tap so you will be familiar with the sound, ensuring good control with this technique.

1. Opponent grabs your right wrist with his right hand.
2. Step slightly forward with your right foot, dropping your right elbow and lowering your weight. Bring your right hand up as you trap your opponent's right thumb.
3. Step across his/her body with your right foot as you press both thumbs into the third knuckle on the back of your opponents hand, to "break" the wrist. Opponent will tap his leg with free hand to signal pain. Pay attention to this signal!
4. Upon hearing this leg tap, and in your same stance, use a right back elbow strike to the face.
5. Regrab your opponent's right hand with your right hand and pivot to the left as you make a left hand elbow strike to the solar plexus (rib area). KI HAP at the elbow strike. When you perform this last elbow strike, your weight is on your left foot in a back stance.

CROSS-HAND GRAB #4

1. Opponent grabs your right wrist with his right hand.
2. Grab your opponent's 'back of his right hand', not his wrist, with both of your hands - maintaining your right thumb position until completion of this technique.
3. Step your left foot to the right side allowing you to pass under your opponent's right arm, lowering your body as you step under his arm. You must stay low enough to keep your opponent's arm in its natural position - keeping him unaware so he will not immediately respond. If you do not stay low when passing under his arm, he will turn back, by your force, making it very difficult for you to complete the technique.
4. Then, pivot on your right foot, while the left foot continues to move clockwise until your body is turned and facing your opponent, At the same time, apply downward pressure to "break" your opponent's wrist.
5. Upon hearing opponent's tap, follow through with a head butt technique with loud KI HAP.
6. Recover your posture while maintaining a firm grip on your opponent's wrist.

IL SOO SIK DEH RYUN

(Intermediate One Step Sparring)

Numbers 1 through 4 are required for all 8th Gups

1. Step diagonally to the right with your right leg into a front stance while making an open hand inside to outside block with the left hand. Twist your hips to the left into a left front stance while punching to the solar plexus with your right hand. Twist your hips to the right into a right front stance while punching to the face with the left hand. Get your distance with the left leg and make a round kick to the face with your right leg and Kihap! Put your right leg down behind you into a fighting stance.

2. Step diagonally to the left with your left leg into a front stance while making an open hand inside to outside block with the right hand. Twist your hips to the right into a right front stance while punching to the solar plexus with your left hand. Twist your hips to the left into a left front stance while punching to the face with the right hand. Get your distance with the right leg and make a round kick to the face with your left leg and Kihap! Put your left leg down behind you into a fighting stance.

3. Step out to the right side with your right leg into a left front stance while making an outside to inside block with your right hand. Twist your hips into a right front stance while making a punch with your left hand to the solar plexus. Twist you hips into a left front stance while making a punch with your right hand to the face. Get your distance with your left leg while framing for a side kick with the right leg. Make a right side kick to the face and Kihap! Put your right leg down behind you into a fighting stance.

4. Step out to the left side with your left leg into a right front stance while making an outside to inside block with your left hand. Twist your hips into a left front stance while making a punch with your right hand to the solar plexus. Twist you hips into a right front stance while making a punch with your left hand to the face. Get your distance with your right leg while framing for a side kick with the left leg. Make a left side kick to the face and Kihap! Put your left leg down behind you into a fighting stance.

{Continued on the next page}

IL SOO SIK DEH RYUN cont'd

(Intermediate One Step Sparring)

Numbers 5 through 8 are required for 7th Gups

5. After ready stance, put right leg back into a fighting stance. Make a right leg front kick to the solar plexus, as you come down place your right leg out to the right side in a left front stance while making an outside to inside block with your right hand. Twist your hips into a right front stance while punching to the face with your left hand. Knock their punch down out of the way with your left hand while getting your distance with the right leg. Make a downward heel kick over their right shoulder with your left leg, then set it down behind you.

6. After ready stance, put left leg back into a fighting stance. Make a left leg front kick to the solar plexus, as you come down place your left leg out to the left side in a right front stance while making an outside to inside block with your left hand. Twist your hips into a left front stance while punching to the face with your right hand. Knock their punch down out of the way with your right hand while getting your distance with the left leg. Make a downward heel kick over their right shoulder with your right leg, then set it down behind you.

7. After ready stance, put right leg back into a fighting stance. Make a right leg outside to inside crescent kick, knocking the punch away. Keeping the knee up high make a right side kick to the face then land forward with a reverse high punch. Then, using your left hand grab the partner by the back of the neck and pull them down into a left knee technique to the solar plexus. Continue pulling your partner down by the neck as you drop back into a horse stance while finishing with a downward right elbow to the back of the neck.

8. After ready stance, put left leg back into a fighting stance. Make a left leg outside to inside crescent kick, knocking the punch away. Keeping the knee up high make a left side kick to the face then land forward with a reverse high punch. Then, using your right hand grab the partner by the back of the neck and pull them down into a right knee technique to the solar plexus. Continue pulling your partner down by the neck as you drop back into a horse stance while finishing with a downward left elbow to the back of the neck.