

# **YUNG YEA MARTIAL ARTS**

## **BROWN (2D) BELT TRAINING MANUAL**



## **YUNG YEA MARTIAL ARTS SCHOOL BROWN (2D) BELT INFORMATION**

Pattern: Hyun Sil

Starting Position: Parallel Ready Stance

Moves: 50

Foot returns: Left

Meaning: Hyun Sil means "Actualization." Actualization is to take the first step and enter into the process of the work and reward system. The development of a strong work ethic is the most important element in this philosophy. Even the most average of people can achieve excellence with a positive work habit.

*\*NOTE: All punches are to the middle (mid-section) unless otherwise noted.*

1. Right foot steps back into left L stance, double knife hand blocks.
2. Left foot spins 180 degrees to the back into a left front stance, right outer forearm block.
3. Stationary left punch.
4. Left foot steps to right foot, look over right shoulder, right leg hook kick to front of room.
5. Right leg lands in left L stance facing rear of room, right rear elbow strike to solar plexus behind you.
6. Right foot spins right 180 degrees into right front stance, reach with right arm, left outer forearm strike into right palm.
7. Left leg turning side kick to the front of the room.
8. Left leg lands next to right foot, right foot steps into right L stance facing rear, double knife hand low blocks.
9. Left foot spins 180 degrees to the left (crossing arms with left hand on top) into a left front stance, wedge block facing front of room.
10. Right foot steps into a right front stance, twin vertical high/chin punch.
11. Hips twist left 90 degrees into a left front stance, right scoop block.
12. Hip twist and pivot 45 degrees to right into a middle/horse rider stance, left punch.  
*(Perform 12 & 13 in a continuous motion.)*
13. Stationary right punch
14. Right foot steps back into left L stance, left inward block.
15. Left foot spins right 180 degrees into a right L stance facing front of room, double knife hand blocks.
16. Right foot spins 180 degrees into a right front stance, left outer forearm block.
17. Stationary right punch.
18. Right foot steps to left, look over the left shoulder, left leg hook kick to front of room.
19. Left leg landing in right L stance facing rear of room left rear elbow strike to solar plexus.
20. Left foot spins left 180 degrees into a left front stance, reach with left arm, right outer forearm strike into left palm.
21. Right leg turning side kick to the front of the room.
22. Right leg lands into left L stance facing rear of room, double knife hand low block.

23. Right foot spins right 180 degrees into right front stance, wedge block facing the front.
24. Left foot steps into left front stance, twin vertical high/chin punch
25. Hips twist right 90 degrees into a right front stance, left scoop block.
26. Hip twist and pivot 45 degrees to left into a middle/horse rider stance, right punch.  
(Perform 12 & 13 in a continuous motion.)
27. Stationary left punch.
28. Left foot steps back into a right L stance, left inward block.
29. Right (front) leg front kick.
30. Right leg lands behind left leg into a left back stance facing front of room, left palm heel strike. (finger tips bent)
31. Left foot shifts into left front stance, right reverse palm heel strike. (finger tips bent)
32. Right foot steps forward into a right L stance, U-shaped punch.
33. Left foot turns left into a left L stance to the rear, double inner forearm block. (san su)
34. Right reverse low block.
35. Left front punch.
36. Right foot steps forward into a left L stance facing front of room, left double guarding block.
37. Left (front) leg front kick.
38. Left leg lands behind the right leg into a right L stance, right palm heel strike. (finger tips bent)
39. Right foot shifts into right front stance, left reverse palm heel strike. (finger tips bent)
40. Left foot steps forward into a left L stance, U-shaped punch.
41. Right foot turns into a right front stance to the rear, double inner forearm block. (san su)
42. Left reverse low block.
43. Right front punch.
44. Left foot steps to right into a parallel stance, right leg side kick to the front.
45. Right leg lands into a middle/horse rider stance, right knife hand strike.
46. Right foot steps back to left into a parallel stance, left leg side kick to the front.
47. Right leg lands into a middle/horse rider stance, left knife hand strike low.
48. Stationary left knife hand strike high.
49. Left foot steps back into a right L stance, right ridge hand.
50. Right foot shifts into a right front stance, left hammer fist. (Kihup!)

## **YUNG YEA MARTIAL ARTS SCHOOL BROWN (2D) BELT SPARRING**

With rank comes privilege. **Free sparring is a privilege.** Please exercise respect for your fellow students and control your moves as this privilege can be taken away.

**RULES:** ALL REQUIRED GEAR MUST BE WORN. NO GEAR, NO SPARRING. See Student Manual Articles of Important/Student Regulation. Green belts are NOT ALLOWED to punch to the head. NO BACK, NECK OR BELOW THE BELT CONTACT EVER, FOR ANY BELT. We follow the CTF tournament rules for sparring.

### **LEGAL TARGET AREAS**

1. Body – front and sides ABOVE the belt for hand and foot techniques in all divisions.
2. Head – face and back of the head ABOVE the neck for KICKS ONLY in all divisions.
  - a. Hand techniques to the head are NOW legal for brown belts.

*ALL OTHER AREAS ARE ILLEGAL*

### **LEGAL POINTS**

#### **STRIKES**

1. Punch
2. Back fist
3. Hammer fist
4. Ridge hand
5. Knife hand

#### **KICKS**

1. Must make contact to legal target with any part of foot below the ankle.
2. Executed with good balance.

**PENALTY POINTS** *(Just as you would get warnings and penalties in tournament, you will receive them in free sparring. Too many warnings and you will not be allowed to spar thus not being able to test for your next belt.)*

1. Excessive contact
2. Tripping, throwing, sweeping
3. Attacking an illegal target area.
4. Un-sportsman like conduct during or after
5. Grabbing
6. Illegal techniques
7. Causing injury from unclipped finger or toe nails
8. Running out of bounds or falling to avoid contact

## **YUNG YEA MARTIAL ARTS SCHOOL BROWN BELT BOARD BREAKING**

At the rank of brown belt, the student will be tested on their ability to demonstrate power in technique. This is done by breaking boards. The boards used for this purpose are 1 inch, white pine (#2) boards cut to a size appropriate for the size and age of the student.

Typically children (12 and under) will break only a single board at each station while children 13 and over (depending on weight), and adults will break two boards. At brown belt, the minimum testing requirement is for the student to break using a single technique at each of two (2) stations.

Techniques will be one (1) hand and one (1) foot technique. See Student Manual - Testing Requirements. If you have additional questions or concerns regarding board breaking, please talk to your instructor.

The student is given three (3) chances to break their boards.

Students need to present their boards to the judges, state the techniques they are going to do and ask permission to break the boards. They need to set up their board break stations quickly, and with a minimum of practice attempts.

When ready, the student will face the judges, bow and attempt their board break. It is not appropriate to make additional practice attempts after bowing to the judges.