

YUNG YEA MARTIAL ARTS

BROWN (3D) BELT TRAINING MANUAL



YUNG YEA MARTIAL ARTS SCHOOL BROWN (3D) PATTERN

Pattern: Choong Moo

Starting Position: Parallel Ready Stance

Moves: 30

Foot returns: Left

Meaning: Was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason this pattern ends in a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

1. Left foot shifts left 90 degrees into a left L stance, left high knife hand square block.
2. Right foot steps forward into a right front stance, left hand high knife hand block and right inward/reverse knife hand strike performing simultaneously.
3. Right foot spins right 180 degrees into a right L stance, right middle double knife hand blocks.
4. Left foot steps forward into a left front stance, left high horizontal spear hand thrust.
5. Left foot shifts left 90 degrees into a left L stance, left middle double knife hand blocks.
6. Look over right shoulder, stationary right leg side kick towards rear of room.
7. Right leg landing into a left L stance facing front of room, left middle double knife hand blocks.
8. Right leg high flying side kick.
9. Right leg landing into a right L stance right middle double knife hand blocks. (Kihup!)
10. Left leg spins left 180 degrees into a left L stance, left low block.
11. Left leg shifts into a left front stance, high head grab.
12. Right leg knee kick
13. Right leg lands next to left, (chamber arms out palms up) left leg steps forward into a left front stance, downward palm block, right high ridge hand strike. (*aka supported ridge hand*)
14. Right leg high turning round kick. (*perform 14 & 15 in a continuous motion*)
15. Right leg lands next to left leg facing opposite direction, left leg reverse middle side kick.
16. Left leg lands into a right L stance facing opposite direction, middle double outer forearm block. (san-su)
17. Left leg turning round kick.
18. Left leg landing into a right L stance, right hand low/left hand high pole block.
19. Both legs jump spin 360 degrees landing into a right back L stance, right double middle knife hand blocks.
20. Left foot steps forward into a left front stance, right low reverse inverted spear thrust.
21. Left foot shifts into a left L stance, left low block and right back fist (performed simultaneously).
22. Right foot steps forward into a right front stance, right middle vertical spear hand thrust.

23. Left leg spins left 270 degrees into a left front stance, left middle double inner forearm blocks. (*san-su*)
24. Right foot steps forward into a middle/horse rider stance facing back of room, right middle inward motion outer forearm block, stationary right high back fist.
25. Right leg turning side kick.
26. Left leg turning side kick.
27. Left leg lands into right L stance facing the opposite direction, right middle knife hand X-block.
28. Left foot steps forward into a left front stance, middle twin palm upward strike.
29. Double step turn (left foot turning first, then right foot) lands into a right front stance, right high rising block.
30. Stationary left middle/chest reverse punch.

YUNG YEA MARTIAL ARTS SCHOOL BROWN (3D) 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.