

YUNG YEA MARTIAL ARTS

WHITE BELT TRAINING MANUAL



YUNG YEA MARTIAL ARTS SCHOOL

WHITE BELT INFORMATION

STANCES

1. Front stance
2. L stance
3. Middle/horse rider stance
4. Parallel ready stance
5. Closed stance

BLOCKS

1. High Rising Block
2. Low/Down Block
3. Inner Forearm Block
4. Outer Forearm Block
5. Double Guarding Blocks

STRIKES

1. Front Punch
2. Reverse Punch
3. Knife Hand Strike

KICKS

1. Front Kick
2. Turning Round Kick
3. Step Behind Hook Kick
4. Step Behind Side Kick

OTHER

1. Matched timing

YUNG YEA MARTIAL ARTS SCHOOL WHITE BELT PATTERN

Pattern: Chon Ji

Starting Position: Parallel Ready Stance

Moves: 19

Foot returns: Left

Meaning: Means literally "Heaven and Earth"

1. Left foot shifts 90 degrees to the left (counter clockwise), into a left front stance, left low block.
2. Right foot steps forward into a right front stance, right middle punch.
3. Right foot spins right (clockwise) 180 degrees into a right front stance, right low block.
4. Left foot steps forward into a left front stance, left middle punch.
5. Left foot shifts left 90 degrees into a left front stance, left low block.
6. Right foot steps forward into a right front stance, right middle punch.
7. Right foot spins right 180 degrees into a right front stance, right low block.
8. Left foot steps forward into a left front stance, left middle punch.
9. Left foot shifts left 90 degrees into a left L stance, left middle inner forearm block.
10. Right foot steps forward into in a right front stance, right middle punch.
11. Right foot spins right 180 degrees into a right L stance, right middle inner forearm block.
12. Left foot steps forward into in a left front stance, left middle punch.
13. Left foot shifts left 90 degrees into a left L stance, left middle inner forearm block.
14. Right foot steps forward into a right front stance, right middle punch.
15. Right foot spins right 180 degrees into a right L stance, right middle inner forearm block.
16. Left foot steps forward into a left front stance, left face/high punch.
17. Right foot steps forward into a right front stance, right face/high punch. (Kihup!)
18. Right foot steps back into a left front stance, left face/high punch.
19. Left foot steps back into a right front stance, right face/high punch.

YUNG YEA MARTIAL ARTS SCHOOL
WHITE BELT FLOOR WORK

1. Drillwork #1

- a. Front stance, high rising block
 - i. Left foot steps forward to a left front stance, left high rising block.
 - ii. Advance to right front stance, right high rising block.
 - iii. Advance to left front stance, left high rising block.
 - iv. Turning 180 degrees to the rear – 2 step turn left (front) foot first, then rear foot into a right front stance, right high rising block.
 - v. Advance to left front stance, left high rising block.
 - vi. Advance to right front stance, right high rising block.
 - vii. Advance to left front stance, left high rising block.
 - viii. Turning 180 degrees to the front – 2 step turn left (front) foot first, then rear foot into a right front stance, right high rising block.
- b. Front stance, high rising block, double punch
 - i. Advance to left front stance, left high rising block, double middle punch (rear hand punches first).
 - ii. Advance to right front stance, right high rising block, double middle punch.
 - iii. Advance to left front stance, left high rising block, double middle punch.
 - iv. Turning 180 degrees to the rear – 2 step turn left (front) foot first, then rear foot into a right front stance, right high rising block, double middle punch.
 - v. Advance to left front stance, left high rising block, double middle punch.
 - vi. Advance to right front stance, right high rising block, double middle punch.
 - vii. Advance to left front stance, left high rising block, double middle punch.
 - viii. Turning 180 degrees to the front – 2 step turn left (front) foot first, then rear foot into a right front stance, right high rising block.
- c. Back leg front kick, front stance, high rising block, double punch
 - i. Advance with a left (back) leg front kick, into a left front stance, left high rising block, double middle punch.
 - ii. Advance with a right (back) leg front kick, into a right front stance, right high rising block, double middle punch.
 - iii. Advance with a left (back) leg front kick, into a left front stance, left high rising block, double middle punch.
 - iv. Turning 180 degrees to the rear – 2 step turn left (front) foot first, then rear foot into a right front stance, right high rising block, double middle punch.
 - v. Advance with a left (back) leg front kick into a left front stance, left high rising block, double middle punch.
 - vi. Advance with a right (back) leg front kick into a right front stance, right high rising block, double middle punch.
 - vii. Advance with a left (back) leg front kick, into a left front stance, left high rising block, double middle punch.

- viii. Turning 180 degrees to the rear – 2 step turn left (front) foot first, then rear foot into a right front stance, right high rising block, double middle punch.
- ix. Left foot returns to parallel ready stance.

2. Drillwork #2

- a. Middle/horse rider stance, knife hand strike
 - i. Step forward with the left foot to a middle/horse rider stance, left knife hand strike.
 - ii. Advance three (3) times - Step behind, middle/horse rider stance, left knife hand strike.
 - iii. Turning – rise up out of your middle/horse rider stance, face the opposite direction dropping back into middle/horse rider stance, right knife hand strike.
 - iv. Advance three (3) times - Step behind, middle/horse rider stance, right knife hand strike.
 - v. Turning – rise up out of your middle/horse rider stance, face the opposite direction dropping back into middle/horse rider stance, right knife hand strike.
- b. Step behind side kick, middle/horse rider stance, knife hand strike
 - i. Advance three (3) times – Step behind sidekick, middle/horse rider stance, left knife hand strike.
 - ii. Turning – rise up out of your middle/horse rider stance, face the opposite direction dropping back into middle/horse rider stance, right knife hand strike.
 - iii. Advance three (3) times - Step behind sidekick, middle/horse rider stance, right knife hand strike.
 - iv. Turning – rise up out of your middle/horse rider stance, face the opposite direction dropping back into middle/horse rider stance, right knife hand strike.
 - v. Left foot returns to parallel ready stance.

3. Drillwork #2

- a. Middle/horse rider stance, turning round kick. Step backward with the right foot to a middle/horse rider stance, double guarding blocks.
 - i. Advance three (3) times – (Back leg) Turning round kick, middle/horse rider stance, double guarding blocks.
 - ii. Turning – rise up out of your middle/horse rider stance, face the opposite direction dropping back into middle/horse rider stance, double guarding blocks.
 - iii. Advance three (3) times – (Back leg) Turning round kick, middle/horse rider stance, double guarding blocks.
 - iv. Turning – rise up out of your middle/horse rider stance, face the opposite direction dropping back into middle/horse rider stance, double guarding blocks.
 - v. Right foot returns to parallel ready stance.