

YUNG YEA MARTIAL ARTS

YELLOW BLACK (4D) BELT TRAINING MANUAL



YUNG YEA MARTIAL ARTS SCHOOL YELLOW BLACK (4D) PATTERN

Pattern: Song Song

Starting Position: Parallel Ready Stance

Moves: 30

Foot returns: Right

Meaning: Song-Song means imagination. In the initial stage of philosophical development, students must use their imagination to set goals beyond their current limitations, and, from this, visualize their achievements in advance. This, in turn, strengthens their belief system to the point that specific goals are possible and obtainable.

1. Right foot steps back into a left front stance, left low block.
2. Left foot steps back into a right front stance, right high rising block.
3. Stationary left middle punch (reverse punch).
4. Left (back) leg front kick
5. Left leg lands into left front stance, stationary right middle punch (reverse punch).
6. Right (back) leg front kick.
7. Right leg lands into right front stance, stationary left middle punch (reverse punch).
8. Stationary left middle punch.
9. Double step turn left 180 degrees (right foot turns left/left foot shifts) into a left L stance, left middle inner forearm block.
10. Left foot steps back into a right front stance, right low block.
11. Right foot steps back into a left front stance, left high rising block.
12. Stationary right middle punch (reverse punch).
13. Right (back) leg front kick.
14. Right leg lands into right front stance, stationary left middle punch (reverse punch).
15. Left (back) leg front kick.
16. Left leg lands into left front stance, stationary right middle punch (reverse punch).
17. Stationary left middle punch.
18. Double step turn left 180 degrees (left foot turns right/right foot shifts) into a right back stance, right middle inner forearm block.
19. Right foot steps back into a left front stance, left middle (inward motion) outer forearm/crossing block.
20. Stationary right middle punch (reverse punch).
21. Left foot steps forward into a middle/horse rider stance, left side low punch.
22. Left leg slide up side kick.
23. Left leg lands into middle/horse rider stance, left middle knife hand strike.
24. Left foot steps back to right front stance, right middle (inward motion) outer forearm/crossing block.
25. Stationary left middle punch (reverse punch).
26. Right foot steps forward into a middle/horse rider stance, right side low punch.
27. Right leg slide up side kick.
28. Right leg lands into middle/horse rider stance, right middle knife hand strike.
29. Right foot turns 180 degrees into a left L stance and double guarding middle block.
30. Right foot steps forward into a right front stance, right face/high punch. (Kihup!)

YUNG YEA MARTIAL ARTS SCHOOL YELLOW BLACK (4D) SPARRING

One Step Patterns – Set #1A (Same as #1 but added a punch)

Opponents stand facing each other, parallel ready stance, both opponents step back with the right foot into a middle stance, left sides facing.

1. Right foot step together, left leg side kick, land in a left front stance, right punch, left foot steps to right so feet are together, then right foot steps back into the original middle/horse rider stance.
2. Right foot step together, left leg round kick, land in a left front stance, right punch, left foot steps to right so feet are together, then right foot steps back into original middle/horse rider stance.
3. Right foot step together, left leg hook kick, land in a left front stance, right punch, left foot steps to right so feet are together, then right foot steps back into original middle/horse rider stance.
4. Right foot step together, left foot steps out into a left front stance, right reverse punch, left punch, double step back (step left foot next to right foot), right foot steps back to original middle/horse rider stance.

Hop change sides, landing in a middle/horse rider stance with right sides facing and repeat drills.

1. Left foot step together, right leg side kick, land in a right front stance, left punch, right foot steps to left so feet are together, then left foot steps back into the original middle/horse rider stance.
2. Left foot step together, right leg round kick, land in a right front stance, left punch, right foot steps to left so feet are together, then left foot steps back into the original middle/horse rider stance.
3. Left foot step together, right leg hook kick, land in a right front stance, left punch, right foot steps to left so feet are together, then left foot steps back into the original middle/horse rider stance.
4. Right foot step together, left foot steps out into a left front stance, right reverse punch, left punch, double step back (step left foot next to right foot), right foot steps back to original middle/horse rider stance.