

YUNG YEA MARTIAL ARTS

ORANGE BELT TRAINING MANUAL



YUNG YEA MARTIAL ARTS SCHOOL ORANGE BELT INFORMATION

BLOCKS

1. Square Block

YUNG YEA MARTIAL ARTS SCHOOL ORANGE BELT PATTERN

Pattern: Dan Gun

Starting Position: Parallel Ready Stance

Moves: 21

Foot returns: Left

Meaning: Named after the holy Dan Gun, the legendary founder of Korea in the year 2,333 B.C.

1. Left foot shifts left (counter clockwise) into a left L stance, left middle double knife hand block.
2. Right foot steps forward into a right front stance, right high/face punch.
3. Right foot spins right (clockwise) 180 degrees into a right L stance, right middle double guarding knife hand blocks.
4. Left foot steps forward into a left front stance, left high/face 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 high/face punch.
7. Left foot steps forward into a left front stance, left high/face punch.
8. Right foot steps forward into a right front stance, right high/face punch. (Kihup!)
9. Left foot spins left 180 degrees into a left L stance, left high square block.
10. Right foot steps forward into right front stance, right high/face punch.
11. Right foot spins right 180 degrees into a right L stance, right high square block.
12. Left foot steps forward into a left front stance, left high/face punch.
13. Left foot shifts left 90 degrees into a left front stance, left low block.
14. Stationary left high rising block (1)
15. Right foot steps forward into a right front stance, right high rising block. (2)
16. Left foot steps forward into a left front stance, left high rising block. (3)
17. Right foot steps forward into a right front stance, right high rising block. (4 – *and there is no more*). (Kihup!)
18. Left foot spins left 180 degrees into a left L stance, left middle knife hand strike.
19. Right foot steps forward into right front stance, right face/high punch.
20. Right foot spins right 180 degrees into a right L stance, right middle knife hand strike.
21. Left foot steps forward into a left front stance, left face/high punch.

YUNG YEA MARTIAL ARTS SCHOOL
ORANGE BELT SPARRING

One Step Drill - #1C

Opponents stand facing each other, parallel ready stance, both opponents step back with the right foot into a fighter stance double guarding high blocks. Side A – high rank does drill, Side B – only blocks/parry. Then reverse roles.

1. Left leg side kick, land in a left front stance, right punch, left round kick, reverse drop angle out with left foot, rotary jog away.
2. Left double round kick, land in a left front stance, right punch, left round kick, reverse drop angle out with left foot, rotary jog away.
3. Left hook kick, land in a left front stance, right punch, left round kick, reverse drop angle out with left foot, rotary jog away.

Hop change sides, landing in an L stance with right sides facing and repeat drills. Side A – high rank does drill, Side B – only blocks/parry. Then reverse roles.

1. Right leg side kick, land in a right front stance, left punch, right round kick, reverse drop angle out with right foot, rotary jog away.
2. Right leg double round kick, land in a right front stance, left punch, right round kick, reverse drop angle out with right foot, rotary jog away.
3. Right leg hook kick, land in a right front stance, left punch, right round kick, reverse drop angle out with right foot, rotary jog away.