

YUNG YEA MARTIAL ARTS

ORANGE 2D BELT TRAINING MANUAL



**YUNG YEA MARTIAL ARTS SCHOOL
ORANGE 2D INFORMATION**

BLOCKS

1. Downward palm block
2. Wedge Block

STRIKES

3. Spear hand thrust

KICKS

1. Hook kick – round kick combination
2. Spin side kick
3. Spin 360 heel kick

YUNG YEA MARTIAL ARTS SCHOOL ORANGE 2D PATTERN

Pattern: Do San

Starting Position: Parallel Ready Stance

Moves: 24

Foot returns: Right

Meaning: Is the pseudonym of the patriot Ahn Chang-Ho (1876 – 1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

1. Left foot shifts left 90 degrees into left front stance, left middle outer forearm block.
2. Stationary right middle punch (reverse punch).
3. Double step turn 180 degrees (left leg moves first then right lands) into a right front stance, right middle outer forearm block.
4. Stationary left middle punch (reverse punch).
5. Left foot shifts into left L stance, left middle double guarding knife hand blocks.
6. Right foot steps forward into right front stance, left downward palm block, right middle spear hand thrust.
7. Left foot spin left 360 degrees into left front stance, left high back fist.
8. Right foot stepping forward into right front stance, right high back fist.
9. Left foot spin 270 degrees into left front stance, left middle outer forearm block.
10. Stationary right middle punch (reverse punch).
11. Double step turn 180 degrees (right leg moves first then left leg lands) into a left front stance, left middle outer forearm block.
12. Stationary right middle reverse punch.
13. Left leg spin 120 degrees landing in a left front stance, high wedge block.
14. Right (back) leg front kick
15. Right leg lands into a right front stance, right middle punch.
16. Stationary left middle punch (reverse punch).
17. Right leg shifts right 60 degrees into a right front stance, high wedge block.
18. Left (back) leg front kick.
19. Left leg lands into a left front stance, left middle punch.
20. Stationary right middle punch (reverse punch).
21. Left leg shifts left 30 degrees into a left front stance, left high rising block.
22. Right foot steps forward into a right front stance, right high rising block.
23. Left foot spin left 180 degrees into middle/horse rider stance, left knife hand strike.
24. Left foot steps to right foot stepping together, right foot steps into a middle/horse rider stance, right knife hand strike. (Kihup!)

YUNG YEA MARTIAL ARTS SCHOOL ORANGE 2D SPARRING

One Steps – Set #1A

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

5. Right foot step together, left leg double round kick, land in a left front stance, right punch, double step (left foot steps to right so feet are feet together then right foot steps back) into the original middle/horse rider stance.
6. Right foot step together, left leg hook kick – round kick combination, land in a left front stance, right punch, double step (left foot steps to right so feet are feet together then right foot steps back) into the original middle/horse rider stance.
7. Right foot step together, left leg side kick, land in a left front stance, right punch, stationary left punch, double step (left foot steps to right so feet are feet together then right foot steps back) into the original middle/horse rider stance.
8. Right foot step together, left leg hook kick, step down with feet parallel and back to your opponent, right leg spin side kick, step down with feet parallel and back to your opponent, left leg spin side kick landing into a left front stance, right middle punch, stationary left middle punch, double step (left foot steps to right so feet are feet together then right foot steps back) into the original middle/horse rider stance.
9. Right foot step together, left leg side kick, stepping down with feet parallel and back to your opponent, right leg 360 spin heel kick, landing in the original middle/horse stance, right foot step together to left foot, left foot steps into a left front stance, right middle punch, stationary left middle punch, left leg round kick, double step (left foot steps to right so feet are feet together then right foot steps back) into the original middle/horse rider stance.

Hop change sides, landing in a middle stance and repeat the above drills with right sides facing each other.

5. Left foot step together, right leg double round kick, land in a right front stance, left punch, double step (right foot steps to left so feet are feet together then left foot steps back) into the original middle/horse rider stance.
6. Left foot step together, right leg hook kick – round kick combination, land in a right front stance, left punch, double step (right foot steps to left so feet are feet together then left foot steps back) into the original middle/horse rider stance.
7. Left foot step together, right leg side kick, land in a right front stance, left punch, stationary right punch, double step (right foot steps to left so feet are feet together then left foot steps back) into the original middle/horse rider stance.
8. Left foot step together, right leg hook kick, step down with feet parallel and back to your opponent, left leg spin side kick, step down with feet parallel and back to your opponent, right leg spin side kick landing into a right front stance, left middle punch, stationary right middle punch, double step (right foot steps to left so feet are feet together then left foot steps back) into the original middle/horse rider stance.
9. Left foot step together, right leg side kick, stepping down with feet parallel and back to your opponent, left leg 360 spin heel kick, landing in the original middle/horse stance, left foot step together to right foot, right foot step into a right front stance, left middle punch, stationary right middle punch, right leg round kick, double step (right foot steps to left so feet are feet together then left foot steps back) into the original middle/horse rider stance.