

YUNG YEA MARTIAL ARTS

GREEN (2D) BELT TRAINING MANUAL



YUNG YEA MARTIAL ARTS SCHOOL GREEN (2D) BELT PATTERN

Pattern: Yong Gom

Starting Position: Parallel Ready Stance

Moves: 40

Foot returns: Left

Meaning: Yong Gom means "Inspiration." With goals firmly in mind, students must also learn to self-inspire themselves into action, as they develop a sense of self-worth. Without this, one may never strive for success as they may feel that they do not deserve the rewards that accompany achievement.

**Note: All punches and strikes are to mid-section unless otherwise noted.*

1. Right foot steps back into a left L stance, left inner forearm block.
2. Left foot steps back into a right L stance, right inward motion outer forearm block.
3. Right foot shifts right into a right front stance, left punch (reverse punch).
4. Left leg turning round kick.
5. Left leg landing into a left L stance, left knife hand strike.
6. Left foot shifts into a left front stance, right punch (reverse punch).
7. Right leg turning round kick.
8. Right leg landing into a right L stance, right knife hand strike.
9. Right foot shifts to right front stance, left punch (reverse punch). *(Perform 9 & 10 together in a continuous motion)*
10. Stationary right punch.
11. Single step turn (Right foot turns left to face rear or room), left L stance, double guarding blocks. *Note: Right heel should be in line with left heel.*
12. Left foot steps back into a right L stance, right inward motion outer forearm block.
13. Right foot steps back into a left L stance, left inward block.
14. Left foot shifts left into left front stance, right punch (reverse punch).
15. Right leg turning round kick.
16. Right leg landing in a right L stance, right knife hand strike.
17. Right foot shifts into right front stance, left punch (reverse punch).
18. Left leg turning round kick.
19. Left leg lands in left L stance, left knife hand strike.
20. Left foot shifts left to left front stance, right punch (reverse punch). *(Perform 20 & 21 together in a continuous motion)*
21. Stationary left punch.
22. Right foot steps forward (pivoting on your left foot), turn facing the front of the room in a left L stance, left low block, right downward back fist to rear. *(glance at back fist to make sure you struck opponents face)*
23. Left foot shifts left into left front stance, right inward block.
24. Stationary left reverse punch.
25. Look over left shoulder, bring left foot near right and left spin hook kick.
26. Left leg landing into middle/horse stance, left back fist to face.

27. Right foot steps forward to left foot into parallel stance, right shoulder punch. (*Perform 27 & 28 together in a continuous motion*)
28. Stationary left shoulder punch.
29. Left foot steps back into a right L stance, right low block, left downward back fist to front of room. (*glance at back fist*)
30. Right foot shifts to right front stance, left inward block.
31. Stationary right reverse punch.
32. Look over right shoulder, bring right foot near left, right spin hook kick.
33. Right leg landing into middle/horse rider stance, right back fist to the face.
34. Left foot steps forward to right foot into parallel stance, left shoulder punch. (*Perform 34 & 35 together in a continuous motion*)
35. Stationary right shoulder punch.
36. Right foot steps back into a left L stance, double knife hand blocks.
37. Left foot turns 180 degrees to the right facing the rear of the room, left front stance, right scoop block.
38. Stationary left punch.
39. Look over right shoulder, left foot steps to right foot, double guarding blocks, right leg side kick to the front of the room.
40. Right leg lands in a right front stance, facing the front of the room, left high/face punch. (Kihup!)

YUNG YEA MARTIAL ARTS SCHOOL GREEN (2D) 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 not legal for green 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

Sparring Sets #3 (Rear hand blocking)

From parallel ready stance, Side A step back with the right foot into a left front stance (with rear leg slightly bent and heel off the floor), Side B step back with left foot into a right front stance (with rear leg slightly bent and heel off the floor). Each student the forward hand should be held low and rear hand is held in a high open hand guarding position.

1. Ridge Hand/Ridge Hand
 - a. Side A attacks with the forward hand ridge hand.
 - b. Side B blocks with the rear hand and counters with ridge hand.
2. Double Ridge Hand/Double Ridge Hand (1/2 speed)
 - a. Side A attacks with a forward hand ridge hand, forward hand ridge hand.
 - b. Side B blocks with the rear hand and counters with a ridge hand, ridge hand.
3. Lead Leg
 - a. Lead Leg round kick attack