

Foundation – Level 1 Module 1

REQUIREMENTS FOR:

First Tip - Minimum 5 Lessons Required

Second Tip - Minimum 10 Lessons Required

Next Belt - Minimum 15 Lessons Required

STANCES	BASICS	TECHNIQUES AND COMBINATIONS
First Tip: 1. Attention stance 2. Ready stance 3. Sparring stance Second Tip: 1. Horse stance	First Tip: 1. Low block 2. High block 3. Outside block Second Tip: 1. Middle punch 2. Inside block	First Tip: 1. Front kick (rear leg) 2. Jab 3. Cross 4. Double punch Second Tip: 1. Defense (front foot) front kick 2. Sliding front kick

	SELF-DEFENSE	(1st Tip #1 & #2, 2nd Tip #3 & #4)
	Attacker:	Defender:
1.	Rear hand punch	a) Brush b) Same side hand brush, while same side foot step forward and outside opponent.
2.	Same side wrist grab	a) Elbow to Elbow b) Same side foot step inside opponent. Opposable thumb release, elbow sideways and chop to neck.
3.	Same side wrist grab (one or both wrists)	a) Snake Circle b) Same side foot step forward. Snake circle inside c) Strike to neck or; d) Same side foot step forward. Snake circle outside e) Strike to neck.
4.	Rear hand punch	a) Brush, Block, Strike b) Same side hand brush, while same side foot step forward and outside opponent. c) Opposite side arm two bone block, clear and deflect, then roll down opponent's arm stopping and grabbing at the wrist, d) Same side arm strike and roll to upper arm one inch above the elbow.

