

POOMSE & OTHER CURRICULUM CHANGES – FALL '08

General basics

- Joon Bi – no snaps
 - Front Stance – much narrower
 - Middle Blocks – fist lines to the neck
 - Kicks – both hands up during execution
 - Twist Block – aligns middle of the body
 - Push Block – starts from shoulder and open and ends in the solo plexus.
 - Outside Middle Block – chamber out
 - X – Block – start from the side
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TG 3

Move # [5,6] – straighten out the neck strike, wrist almost straight

TG 4

Move # [2,4] – Palm down block and finger tip to the middle section done simultaneously

Move # [5] – knife hand strike more straight

Move # [17] – change to front stance

TG 5

Move # [2,4] – T stance on the hammer fist & hammer fist starts inside in chambering

Move # [10,12] – Elbow strike is high section

Move # [16, 18] – when doing SK, also do side punch chambering around the shoulder, elbow strike is middle section

TG 6

Move # [13] – fist is closed in the rest move

TG 7

Move # [1,4] – all stance are crane

Move # [11] – Move left leg to high joonbi. High joonbi comes upward for 5 seconds. Don't turn in.

Move # [20] – Change to left walking stance

Move # [21] – keep elbow strike to middle level

Move # [22] - move left foot to walking stance.

TG 8

Move # [3] – double front kick

Move # [9,11] – supporting palm face up in slow uppercut, set stance first

Move # [20] – do two separate front kicks instead of double front kicks.

Counter Attack Drill #4 – Upper front-back double kick

Boxing Step #8 – knee strike with back leg

Posted – August 30, 2008