

IMPACT MARTIAL ARTS CURRICULUM - TECHNIQUES

BLOCKS (All Cross From The Bottom, EXCEPT The Low Block)				
High Block	Low Block	Inner & High Inner Forearm	Outer Forearm	Palm Heel
				
Chamber from hip starting palm up	* (Crosses from the top)	^	#	Chamber from hip starting palm up
Square Block	Double Inner-Forearm	Twin Outer-Forearm	Double Knifehand	
				
				
<p>Arms Crossing / Chambering Key</p> <p>* Top hand is palm in, bottom hand is palm out # Top hand is palm out, bottom hand is palm up</p> <p>^ Both hands are palm out</p>				

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STANCES					
Choon-Bee	Middle	Front	Back	Extended Back/Fixed	Cat
					
Feet shoulder width apart. Fists at the knot of belt. Palms face out.	Feet are twice as wide as shoulders. Both knees bent. Toes face forward	Feet shoulder width apart. Front knee is bent over toes, back leg straight.	Feet form an "L", heels in line. Both knees bent. Most weight on back leg.	Same as Back Stance, but feet are twice as wide as shoulders.	Half distance of back stance, both knees bent, front foot raised on ball of foot.

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STRIKES (All Cross From The Top)				
Punch	Hammer Fist	Palm Heel	Knifehand	Back Fist
				
From Hip: Start palm facing up, end palm facing down and striking with first 2 knuckles	From Temple: Strike with the bottom of a fist, using action like swinging a hammer.	From Hip: Start palm facing up. Strike with the heel or "padded bottom" of the palm.	* : Strike with the little finger side of hand with the "bladed" part or from knuckle to wrist. Fingers together	^ : Striking with the back of our fist & knuckles.
Horizontal Spear Thrust	Supported Spear Thrust	Ridge Hand		
				
From Hip: Start palm facing up. Striking with the finger tips. All fingers together	From Hip: Striking hand is vertical. Opposite hand is supporting the striking arm's elbow palm facing down.	From Hip: Start palm facing up. Striking with the thumb side of hand (ridge of hand) with thumb tucked across hand toward small finger		
Arms Crossing / Chambering Key * Top hand is palm in, bottom hand is palm out # Top hand is palm out, bottom hand is palm up ^ Both hands are palm out				

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KICKS					
	Front	Side	Round	Outside Crescent	Inside Crescent
S T A R T					
E N D					
	<p>Start: Knee bent, foot parallel with ground. End: Extend kick out striking with ball of foot.</p>	<p>Start: Knee chambered to stomach, knee and ankle leveled. End: Extend kick out to the side striking with the heel of foot.</p>	<p>Start: Knee chambered back with foot to back, knee and ankle leveled. End: Extend kick out parallel with the ground striking with the ball of foot.</p>	<p>Start: Lift kicking foot across the standing leg. Kick: Imagine drawing a half moon across your body with toes facing up. End: In standing position.</p>	<p>Start: Lift kicking foot to outside of your body. Kick: Image drawing a half moon across your body with toes facing up. End: Across standing leg</p>
	Hook				
					
	<p>Start: Chambered like a side kick. Kick: Extend the foot out to the side of the target, so that the target may be struck with the back of the heel. The leg is pulled across the target parallel with the floor, the knee is then bent and the foot is snapped to the side hitting the target. End: Chambered like a round kick.</p>				