

Red, Brown, Senior Brown

“Champions aren’t made in gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision. They have to have the skill, and the will. But they will be stronger than the skill.” – Muhammad Ali

***Senior Brown will test both Hwa Rang Hyung and Choong Mu Hyung Form**

CURRICULUM

Form: Choong Mu Hyung **Number of Moves:** 32 Moves **Form Meaning:** Choong Mu was the name given to the great Admiral I Soon in the Lee Dynasty. He was reputed to have invented the first armored battleship in 1592, which is said to be the precursor of the present day submarine.

[] YELLOW STRIPE: Technique List 1

Knife Hand Square Block, Side Tuck Jump, Run Jump Side Kick, Jump Spin Outside Crescent, Jump Spin Side Kick

[] ORANGE STRIPE: Technique List 2

Twin Upset Palm Heel, Tsunami Kick, Tornado Kick, Jump 360, Able to perform hand combo of at least 3-5 moves.

[] GREEN STRIPE: One-Step & Self-Defense

Defense #1: Right Inside Crescent, Right Side Kick, Left Spin Side Kick. (Repeat opposite side)

Defense #2: Head Cover Defense

Defense #3: Push Kick

Defense #4: Front Push Defense (Parry and Backfall)

Defense #5: Mount Defense

[] BLUE STRIPE: Sparring Drills

Drill #1: Reverse Punch, Backfist

Drill #2: Eliminate the step up

Drill #3: Counter Hook Kick

Drill #4: Reading your opponent

Drill #5: Axe Kick

[] RED STRIPE

Choong Mu Section 1 & 2

Section 1: Left Knife Hand Square Block, Left Knife Hand High Block & Right Reverse Upset Knife Hand Strike (Combination), Right Double Knife Hand Block, Left Horizontal Spear Thrust, Left Double Knife Hand Block, Right Double Outer Forearm Block, Right Side Kick, Left Double Knife Hand Block, Two Step Right Jump Side Kick (Kihap), Right Double Knife Hand Block.

Section 2: Left Low Block, Twin Head Grab, Right Knee Strike, Right Supported High Ridge Hand Strike, Right Round Kick, Left Spin Side Kick, Right Double Outer Forearm Block, Left Round Kick, Right C-Block, Jump Counterclockwise 360° & land with Right Double Knife Hand Block.

[] BLACK STRIPE

Choong Mu Section 3 & 4

Section 3: Right Reverse Low Upset Palm Heel Strike, Right Downward Back Fist & Left Low Block Combination, Right Supported Spear Thrust

Section 4: Left Double Inner Forearm Block, Right Supported Downward Back Fist, Right High Back Fist Strike, Right Turning Side Kick, Left Turning Side Kick, Twin Middle Knife Hand X Block, Twin Upset Palm Heel Block, 2-step turn, Right High Block, Left Reverse Middle Punch (Kihap).

[] **Fitness Test:** Combat Sprint: Push-Ups and Punches (starting at 7)

[] **Board Break:** Hand and Foot Technique

FACTS TO KNOW

1. What are the five components of the theory of power? – Reaction Force, Concentration, Equilibrium, Breath Control, Speed

2. Before a training session, how many minutes should you warm up? – 10 to 15 minutes.