

Brown/White Belt Curriculum

Palgwe Yook Chong, 27 Movements

<u>Direction</u>		<u>Stance</u>	<u>Action</u>
L	¼ turn	Back	Double Knife Hand Middle Block Front Kick
		Front	Middle Punch
R	½ turn		Double Knife Hand Middle Block Front Kick
		Front	Middle Punch
L	¼ turn		Low Block Knife Hand High Block/Knife Hand Strike Front Kick Jump Double Fist to Chin (Kiyap)
L	¾ turn	Back	Double Knife Hand Low Block
		Front	Double Outer Forearm Middle Block Front Kick Double Middle Punch
R	½ turn	Back	Double Knife Low Block
		Front	Double Outer Forearm Middle Block Front Kick Double Middle Punch
L	¼ turn	Back	Double Knife Middle Block
		Front	Knife Hand High Block/Palm Strike Front Kick Back Fist (Kiyap) Front Kick High Block, Side Kick
		Back	Double Knife Hand Middle Block
L	¾ turn		Double Knife Hand Middle Block Back Foot Forward

Brown/White Belt Basics

Front Stance

Double Outer Forearm Spreading Middle Block
Knife Hand High Block, Knife Hand Strike
Back Fist Attack
Double Elbow Strike Sideways
Knife Hand High Block, Knife Hand Palm Strike
Middle/High Block
Double Outer Forearm Middle and High Block
Jumping Double Fist Attack to Chin, Cross Stance

Brown/White Belt Kicking Combination

Instructor's Choice

Brown/White Belt Self Defense

Cross Wrist Grab, Wrist Lock