

Black Belt Students
Video Tutorial Guide: “A” Lesson Skills
Summer Term 2020
2nd Training Period
Week #6-10: July 20 through August 23

Pattern: ***Po-Eun Hyung.***

- 1st Merit: Good Technique. Every skill is done as correctly as possible. Focus on Stances, then Blocks, then Strikes.
- 2nd Merit: Power. Move more quickly while still maintaining control over all techniques. Shouldn't be rushed or sloppy.
- 3rd Merit: Focus. For each block and strike, first find the target with your eyes, then perform. When changing direction (turning), look first and then physically shift into the new direction.

Formal Hand Skills: ***Low Hammerfist Strike/X Stance*** and ***C Block/L Stance***

Low Hammerfist Strike:

- Review X Stance basics.
- Transition from Horse Stance to X Stance: Keeping body upright, center of body mass low, and knees bent.
- Review chamber position: over the head, one hand open and the other closed into a fist.
- Basic mechanics of striking motion: open hand scoops, closed fist strikes against the palm of the open hand.
- Touch & Push: Applying on a Blocker. Work on proper distance and accuracy. Stay in balance – don't lean forward into the strike.
- Speed and Power, stepping into the strike while maintaining balance and accuracy.

C Block (Pole Block; Stick Block)

- Review L Stance basics.
- Review hand shape (similar to Hooking Block) and blocking surface; chamber position, both hands at hips (lead hand palm down, back hand palm up).
- Demonstrate the basic mechanics of the block: hands and arms move out to form a “C” shape, upper and lower hands lined up.
- Shift from X Stance to L Stance and block.
- Apply against Bo: block, grip (achieve control), take away (Jun-nigiri).

Formal Kick: ***Low Section Hook Kick***

- Review 1 Leg Stance basics.
- Demonstrate basic mechanics of the kick, pulling the kicking foot across and through in a “hooking” motion before setting it down to the floor.
- Foot Shape: pull toes back and strike with back of heel.
- Single kick, in air, starting in L Stance and focusing on maintaining balance throughout the kick, setting the foot back to the floor in an L stance.
- Touch & Push: finding the target using the single kick. Working on distance and accuracy, using the heel of the foot.
- Speed & Power: Single kicks. Maintain balance and accuracy – avoid staggering and losing control at the end of the kick.

Please use this written guide to help you practice as you work through the skills in your “A” Lesson video tutorial. You’ll find brief captions in the video itself that should help you keep track of the skills we’re working with.

Please set aside two times during the week to carefully work through your “A” lesson skills on your own. This will help you get the most out of our in-person lessons together, and to strengthen and grow in your study and practice of the martial arts.

Please also set aside time during the week to work with our Assertiveness Lesson from *Speak Up & Get Along* by Scott Cooper. You’ll have video lessons to help you with the assertiveness tools in our textbook.