

**SWIPE LEFT or UP (Depending on phone)**



**TO SEE THE NEXT PAGE**

**PINCH AND ZOOM**

**TO MAKE IT**

**EASIER TO READ**

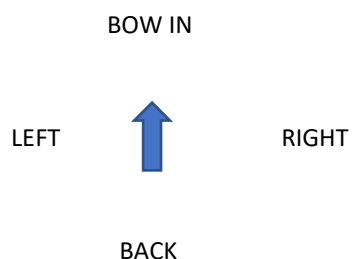


## 1<sup>st</sup> DEGREE BLACK BELT

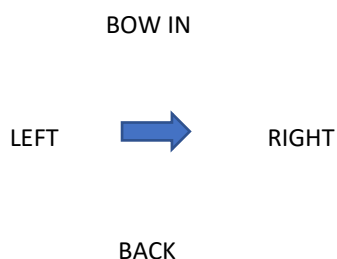
### OPEN HAND PATTERN

- ALL DIRECTIONS LISTED ARE FROM THE ORIGINAL STARTING DIRECTION. WE CALL THIS DIRECTION “**BOW IN**”
- REGARDLESS OF WHICH DIRECTION THE STUDENT IS FACING, THE LEFT (L) SIDE WILL **ALWAYS** BE LEFT (L) OF THE ORIGINAL “**BOW IN**” DIRECTION.
  - THIS IS TRUE FOR THE RIGHT (R) SIDE AND BACK TOO.

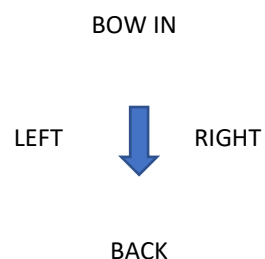
#### STUDENT FACING “BOW IN”



#### STUDENT FACING RIGHT SIDE



#### STUDENT FACING BACK



(R) = RIGHT

(L) = LEFT

\* THIS GUIDE IS NOT MEANT TO REPLACE CLASS INSTRUCTION AND MAY NOT EXPLAIN THE SEGMENTS COMPLETELY

\* THIS GUIDE SHOULD BE USED IN CONJUNCTION WITH REGULAR CLASS ATTENDANCE AND THE ONLINE VIDEO SERIES

\* IF (L) AND/OR (R) IS NOT PRESENT BEFORE A TUMBLING OR TRICKING SKILL, EXCLUDING CARTWHEELS, THEN IT’S THE STUDENT CHOICE WHICH ONE TO USE

GET READY	TECHNIQUE	STANCE	HEIGHT	NOTES
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READY POSITION

### SECTION 1

TO THE FRONT OF THE ROOM

*HOP FORWARD INTO A L CROSS STANCE*

1. X-BLOCK IN FRONT OF CHEST	L CROSS	CHEST
2. R SIDE KICK <b>SLOW</b> (3 SECONDS) (TO THE R SIDE OF THE ROOM)	---	LOW
3. R SIDE KICK <b>FAST</b>	---	MIDDLE

**NEXT 3 MOVE ARE DONE QUICKLY**

*STEP BACK WITH R FOOT INTO A R BACK STANCE*

4. DOUBLE KNIFEHAND BLOCK	R BACK	HIGH
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*STEP BACK WITH L FOOT INTO A L BACK STANCE*

5. DOUBLE KNIFEHAND BLOCK	L BACK	HIGH
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*STEP BACK WITH R FOOT L FRONT STANCE*

6. TWIN OUTER KNIFEHAND BLOCKS	L FRONT	HIGH
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SECTION 2	TECHNIQUE	STANCE	HEIGHT	NOTES
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TO THE R SIDE OF THE ROOM

7. R OUTER CRESCENT KICK TO THE R SIDE OF THE ROOM	---	HIGH	
<i>STEP DOWN INTO A R FRONT TO THE R SIDE OF THE ROOM)</i>			
8. R KNIFEHAND DOWN BLOCK	R FRONT	LOW	
9. R OUTER RIDGEHAND BLOCK	R FRONT	HIGH	
10. L PUNCH	R FRONT	MIDDLE	
11. L OUTER RIDGE HAND BLOCK	R FRONT	HIGH	

### SECTION 3

KICKING TO 3 SIDES (STARTING WITH THE R SIDE OF THE ROOM)

12. L FRONT KICK (TO THE R SIDE OF THE ROOM)	---	MIDDLE	
<i>PIVOT FOR NEXT MOVE</i>			
13. L FRONT KICK (TO THE FRONT OF THE ROOM)	---	MIDDLE	
<i>KEEP CURRENT FOOT POSTION FOR NEXT KICK</i>			
14. L SIDE KICK (TO THE L SIDE OF THE ROOM)	---	MIDDLE	
<i>STEP DOWN AFTER THE SIDE KICK INTO A R FRONT STANCE TO R SIDE OF THE ROOM</i>			
15. L VERTICAL PUNCH (TO THE R SIDE OF THE ROOM)	R FRONT	MIDDLE	

### SECTION 4

TO BACK OF THE ROOM

16. L TURN SIDE KICK (TO BACK OF THE ROOM)	---	MIDDLE OR HIGH	
<i>RECHAMBER INTO A FRONT KICK CHAMBERD POSITION (FACING L SIDE)</i>			
17. SIDE HIGH/LOW BLOCK (L HIGH / R LOW) (BALANCING ON R FOOT)	---	MULTIPLE	
18. SIDE HIGH/LOW BLOCK (R HIGH / L LOW) (BALANCING ON R FOOT)	---	MULTIPLE	
<i>STEP DOWN INTO A MIDDLE STANCE (FACING L SIDE OF THE ROOM)</i>			
19. DOUBLE DOWNWARD BLOCK (TO BACK OF THE ROOM)	MIDDLE	LOW	
<i>STEP R FOOT BACKWARD INTO A MIDDLE STANCE FACING THE FRONT OF THE ROOM</i>			

SECTION 5	TECHNIQUE	STANCE	HEIGHT	NOTES
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*MIDDLE STANCE FACING THE FRONT OF THE ROOM. DIRECTION OF THE BOW IN*

20. AND 21. L ROLLING HAMMERFIST STRIKES (TO L SIDE OF THE ROOM)	MIDDLE	HIGH	
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*SHIFT INTO A L FRONT STANCE TO THE L SIDE OF THE ROOM*

22. R FORWARD HORIZONTAL ELBOW STRIKE (TO L SIDE OF THE ROOM)	L FRONT	HIGH	
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*MAINTAIN THE L FRONT STANCE TO THE L SIDE OF THE ROOM*

23. R BACKWARD HORIZONTAL ELBOW STRIKE (TO R SIDE OF THE ROOM)	L FRONT	HIGH	
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24. R SIDE KICK (STICKING FOR 1 SECOND) (TO R SIDE OF THE ROOM)	---	LOW	
---	-----	-----	--

*STEP DOWN INTO A R FRONT STANCE TO THE R SIDE OF THE ROOM*

25. L DOWNWARD FINGERTIP THRUST (TO R SIDE OF THE ROOM)	R FRONT	LOW	
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*R FIST SHOULD BE AT PREPARE POSITION*

26. R C-GRAB (TO R SIDE OF THE ROOM)	R FRONT	HIGH	
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27. L HORIZONTAL ELBOW STRIKE (TO R SIDE OF THE ROOM)	R FRONT	HIGH	
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## SECTION 6

*STEP BACK WITH L FOOT INTO A MIDDLE STANCE, FACING THE FRONT OF THE ROOM*

28. TWIN OUTER FOREARM BLOCK	MIDDLE	HIGH	
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*TURN BACKWARDS WITH R FOOT (TURNING ON THE L FOOT) TO FACE THE BACK OF THE ROOM*

29. TWIN DOWN BLOCK	MIDDLE	LOW	
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30. MOUNTAIN PUNCH (TO R SIDE OF THE ROOM)	R MOD. BACK	VARIOUS	
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*THE STUDENT WILL HAVE THEIR CHEST FACING THE BACK OF THE ROOM WHILE DOING THE MOUNTAIN PUNCH TO THEIR (L) SIDE.*

SECTION 7	TECHNIQUE	STANCE	HEIGHT	NOTES
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TO THE BACK OF THE ROOM

*HOP FORWARD INTO A R CROSS STANCE*

31. X-BLOCK IN FRONT OF CHEST	R CROSS	CHEST
32. L SIDE KICK <b>SLOW</b> (3 SECONDS) (TO THE R SIDE OF THE ROOM)	---	LOW
33. L SIDE KICK <b>FAST</b>	---	MIDDLE

**NEXT 3 MOVE ARE DONE QUICKLY**

*STEP BACK WITH L FOOT INTO A L BACK STANCE*

34. DOUBLE KNIFEHAND BLOCK	L BACK	HIGH
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*STEP BACK WITH R FOOT INTO A R BACK STANCE*

35. DOUBLE KNIFEHAND BLOCK	R BACK	HIGH
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*STEP BACK WITH L FOOT R FRONT STANCE*

36. TWIN OUTER KNIFEHAND BLOCKS	R FRONT	HIGH
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## SECTION 8

TO THE R SIDE OF THE ROOM

37. L OUTER CRESCENT KICK TO THE R SIDE OF THE ROOM	---	HIGH
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*STEP DOWN INTO A L FRONT TO THE R SIDE OF THE ROOM*

38. L KNIFEHAND DOWN BLOCK	L FRONT	LOW
39. L OUTER RIDGEHAND BLOCK	L FRONT	HIGH
40. R PUNCH	L FRONT	MIDDLE
41. R OUTER RIDGE HAND BLOCK	L FRONT	HIGH

SECTION 9	TECHNIQUE	STANCE	HEIGHT	NOTES
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KICKING TO 3 SIDES (STARTING WITH THE R SIDE OF THE ROOM)

42. R FRONT KICK (TO THE R SIDE OF THE ROOM)	---	MIDDLE	
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PIVOT FOR NEXT MOVE

43. R FRONT KICK (TO THE FRONT OF THE ROOM)	---	MIDDLE	
---	-----	--------	--

KEEP CURRENT FOOT POSTION FOR NEXT KICK

44. R SIDE KICK (TO THE R SIDE OF THE ROOM)	---	MIDDLE	
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STEP DOWN AFTER THE SIDE KICK INTO A L FRONT STANCE TO L SIDE OF THE ROOM

45. R VERTICAL PUNCH (TO THE L SIDE OF THE ROOM)	L FRONT	MIDDLE	
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## SECTION 10

TO FRONT OF THE ROOM

46. R TURN SIDE KICK (TO BACK OF THE ROOM)	---	MIDDLE OR HIGH	
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RECHAMBER INTO A FRONT KICK CHAMBERD POSITION (FACING R SIDE)

47. SIDE HIGH/LOW BLOCK (R HIGH / L LOW) (BALANCING ON L FOOT)	---	MULTIPLE	
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48. SIDE HIGH/LOW BLOCK (L HIGH / R LOW) (BALANCING ON L FOOT)	---	MULTIPLE	
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STEP DOWN INTO A MIDDLE STANCE (FACING R SIDE OF THE ROOM)

49. DOUBLE DOWNWARD BLOCK (TO FRONT OF THE ROOM)	MIDDLE	LOW	
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STEP L FOOT BACKWARD INTO A MIDDLE STANCE FACING THE FRONT OF THE ROOM

SECTION 11	TECHNIQUE	STANCE	HEIGHT	NOTES
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TO THE SIDES

*MIDDLE STANCE FACING THE FRONT OF THE ROOM.*

50. AND 51. **R** ROLLING HAMMERFIST STRIKES (*TO R SIDE OF THE ROOM*) MIDDLE HIGH

*SHIFT INTO A R FRONT STANCE TO THE R SIDE OF THE ROOM*

52. **L** FORWARD HORIZONTAL ELBOW STRIKE (*TO R SIDE OF THE ROOM*) **R** FRONT HIGH

*MAINTAIN THE R FRONT STANCE TO THE R SIDE OF THE ROOM*

53. **L** BACKWARD HORIZONTAL ELBOW STRIKE (*TO L SIDE OF THE ROOM*) **R** FRONT HIGH

54. **L** SIDE KICK (*STICKING FOR 1 SECOND*) (*TO L SIDE OF THE ROOM*) --- LOW

*STEP DOWN INTO A L FRONT STANCE TO THE L SIDE OF THE ROOM*

55. **R** DOWNWARD FINGERTIP THRUST (*TO L SIDE OF THE ROOM*) **L** FRONT LOW

*L FIST SHOULD BE AT PREPARE POSITION*

56. **L** C-GRAB (*TO L SIDE OF THE ROOM*) **L** FRONT HIGH

57. **R** HORIZONTAL ELBOW STRIKE (*TO L SIDE OF THE ROOM*) **L** FRONT HIGH

SECTION 12

TO THE BACK OF THE ROOM

**STEP BACK WITH L FOOT INTO A MIDDLE STANCE, FACING THE BACK OF THE ROOM**

58. TWIN OUTER FOREARM BLOCK MIDDLE HIGH

**TURN BACKWARDS WITH R FOOT (TURNING ON THE L FOOT) TO FACE THE FRONT OF THE ROOM**

59. TWIN DOWN BLOCK MIDDLE LOW

60. MOUNTAIN PUNCH (*TO THE L SIDE OF THE ROOM*) **R MOD. BACK** VARIOUS

**THE STUDENT WILL HAVE THEIR CHEST FACING THE FRONT OF THE ROOM WHILE DOING THE MOUNTAIN PUNCH TO THEIR (L) SIDE.**



## **COME TO RESTING POSITION**

**(R)** = RIGHT

**(L)** = LEFT

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