



# 2011 - 4 th Quarter Yellow & Orange Belts



## FORMS :

### 1. Do-San

#### KICKING TECHNIQUES:

1. Slide Front,RearLeg Front,Slide Front,Rear Leg Front Kick,Jab-Cross
2. Jump Front, Pop Up Front, Jump Front,Pop Up Front Kick, Jab-Cross
3. Running Jump Front Kick
4. Step Back SIDE-KICK ( Defensive )

#### FIGHTING SYSTEM:

##### TakeDowns

1. Left Jab/Counter- Block - Takedown 90\*
2. Left Jab-Straight Right/ Counter- Block-Takedown 45\*
3. Left Jab/ Counter - Block - Takedown 90\*/CounterTakedown- HookLeg- Kick Leg Back
4. Left Jab-Straight Right/ Counter-Block-Takedown 45\* / Counter Takedown - Hook Leg-Kick Leg Back

##### Knees

1. Left Jab - Straight Right - Cross Step Left Knee
2. Left Jab- Straight Right - Right Knee
3. Parry- Jab / Counter with Cross Step Knee
4. Parry - Jab, Straight Right / Counter with Right Knee

#### SELF DEFENSE :

1. OFFENSE - Striking in Guard /Left-Right hooks to head, Left-Right hooks to Body, Left-Right Straights to Face
2. DEFENSE - Defending while on your back using Guard position - All Above

#### PAD WORK / KICKBOXING PATTERN:

Right Bob-Weave , Right UpperCut, Left Hook, Right Cross, Head Grab, Right Knee, Left Knee, Right Upper Elbow, Left Upper Elbow, Right Low Kick, Left Low Kick

## HISTORY/ PHILOSOPHY

### 1. What is CANi ?

*Answer: Commitment to Constant and Never Ending Improvement to Black Belt Excellence.*

### 2. How do we have ENERGY?

*Answer: With energy you can take action, with Action you can achieve your goals.*

*Move our Body with Power, Hit with Intention, Ready and Sparring position with Speed and Power! Clapping our hands with excitement!*

### BONUS\*\*\* Meaning of DO-SAN...

**Answer:** is the pseudonym of the patriot Ahn Chang-Ho (1878-1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

