

Advanced Teen Form

1. Turn 90 degrees left into a long stance facing *back room* and execute a low block with left arm.
2. Slide left foot back into an open stance and execute a downward hammer fist strike with left hand.
3. Turn body 180 degrees right into a long stance *facing exit* and execute a low block with right arm.
4. Slide right foot back into an open stance and execute a downward hammer fist strike with right hand.

- 5A Step forward with left foot into a long stance *Up Mountain* and execute a middle block with left arm.
- 5b. Remain in same stance and immediately execute a second middle block with right arm.
- 6A. Execute a middle section front kick with right foot
- 6B. step down with right foot into a long stance a execute a high back fist strike with right hand.
- 6C Remain in same stance and execute a middle block with left arm.
- 7A. Execute a middle section front kick with left foot
- 7B. step down with left foot into a long stance a execute a high back fist strike with left hand.
- 7C Remain in same stance and execute a middle block with right arm.
8. Step forward with right foot stamping on floor forming a long stance and execute a high section back fist with right hand

9. Turn 270 degrees left into a back stance towards exit and execute a single knife hand block.
10. Cover knuckles of right fist with left knife hand step forward with right foot in a long stance and execute a middle section elbow strike with right elbow.
- 11 Turn 180 degrees right into a right back stance *facing back room* and execute a knife hand block with right hand.
12. Cover knuckles of left fist with right knife hand step forward with left foot in a long stance and execute a middle section elbow strike with left elbow.

- 13A. Turn 90 degrees going *down mountain* in left forward long stance execute a low block with left arm.
- 13B Remain in same stance and execute a middle block with right arm
- 14A. Execute a middle section front kick with right foot.
- 14B Step down with right foot into a right long stance and execute a low block with right arm.
- 14c Remain in same stance and execute a middle block with left arm

- 15 Turn 90 degrees *toward exit* long stance and execute a high block
- 16A Execute a Side Kick with right foot
- 16B Step down with right foot into a right long stance and execute a left elbow strike to palm of right hand.
17. Turn 180 degrees right *toward back room* into a right foot long stance and execute a high bloc with right arm
- 18A Execute a Side Kick with left foot
- 18B Step down with left foot into a left long stance and execute a Right elbow strike to palm of left hand.

- 19A. turn 90 degrees left into left long stance *down mountain* and execute a low bock with left arm.

19B Remain in same stance and execute a middle block with right arm

20A Execute a Front kick with right foot.

20B Jump forward with out lowering right foot to floor) into a right twist stance and execute an upper back fist shrike with right hand. Yell

One step

Opponent steps forward and punches

1. Step forward with your left foot to the outside of your opponent's right foot, blocking his right arm with your left arm.
2. Roundhouse kick with your Right foot to his mid section.
3. Sidekick to the back of his knee stepping into a long stance (opponent goes down on one knee)
4. With your right hand ridge chop to his neck.

Hapkido

1. knife

Sparring Techniques

Combo 19

1. guard Stance
2. outside Block Left
3. Reverse Punch Right
4. Inside Crescent kick Right
5. Outside Crescent Kick returning Right
6. Back spin Kick Right

Combo 20

1. guard Stance
2. Step up round house left
3. Back Side Kick Right
4. Back fist Right
5. Round House kick left

Combo 21

1. Step up side kick Left
2. Side Kick Left
3. SIDE Kick Right
4. Back leg Dbl Round house left