



MODULE 7 - Home Training 1

Fighting Form Moves

Double Round Kick -

Begin in a **Sparring Stance** (feet approx. shoulder width apart, even weight distribution, back foot pointed more toward opponent).

Round Kick with your Back foot to the body (using your instep)...before you put that foot down, **Round Kick** with your other foot (instep) to the head. These are "fighting" round kicks that come up at about a 45° angle.

Backfist / Spin Hook Kick -

Begin in a **Sparring Stance** (feet approx. shoulder width apart, even weight distribution, back foot pointed more toward opponent, hands up,)

Back Fist with your Front Hand (to your opponents ear) ...as soon as you re-chamber your backfist, **Spin Hook Kick** with your other foot to the body or head. (You will be striking on both sides of your opponents body.)

Fundamental Form Moves

Front Kick, Side Kick (same leg)

Rev. Side Kick (opposite leg)

Begin in a Sparring Stance. (remember, for a fundamental sparring stance, you will be working on muscle strength. Therefore, your stance will be wider and deeper). **Front Kick** to the North with your back leg...re-chamber with your knee high...do not set your foot down...**Side Kick** with the same foot to the East. Re-chamber completely and set your foot down close to your base foot. **Reverse Side Kick** to the East with your other leg (turn the direction of your kicking leg)

Clearing Circular Double Palm Block Double Palm Press Double Round Kick

The **clearing circular double palm block** is a 'safe' way to turn towards an opponent who is attacking you. You will make an outward circle by bringing your hands together and circling outward. Bring your hands close to your chest and push your opponent away with a **Double Palm Press**. After you have pushed your opponent back, you will deliver a **Double Round Kick** to their body with your back leg and before that leg touches the ground, your other leg will kick them in the head.

After the student understands the fundamentals of the moves, they will incorporate them into a fight (always fighting someone of their own height). Obviously, when performing these moves as a simulated fight, they will be done much faster (keeping the targeting 'tight'). They will NOT fully chamber their back fist, as this would slow down the reality of a fighting movement.



This

worksheet belongs



MODULE 7 - Home Training 2

Fighting Form Combinations

Double Round Kick / Spin Heel Kick
Begin in a **Sparring Stance**

Round Kick with your Left foot to the body
(using your instep)...before you put that foot down
Round Kick with your Right foot (instep) to
the head.
Spin Heel Kick to the head with your Left
foot

Backfist / Spin Hook Kick / Nadaban -
Begin in a **Sparring Stance**

Back Fist with your Left Hand (to your
opponents ear) ...as soon as you re-
chamber your backfist, **Spin Hook Kick**
with your Right foot to the body or head.
Keep your momentum and spin 360
degrees, you will kick with your Left foot
with a **Nadaban** (360 round kick)

Fundamental Form Combination

Front Kick, Side Kick (same leg)
Rev. Side Kick (opposite leg)
Twin Low Block (in a middle stance)
Begin in a Sparring Stance.
Front Kick to the North with your back leg
...**Side Kick** with the same foot to the East.
Reverse Side Kick to the East with your
other leg...Land in a Middle Stance with a
Twin Low Block. Step back with the foot
that did the side kick into a Front Stance
and deliver a **Low Reverse Vertical**
Punch. Hop "over your opponent" and do a
Low Side Kick.

After you have done the Low Side Kick,
you will turn over the foot that did the side
kick and do a **Circular Clearing Double**
Palm Block. Land forward in a front stance
with a **Double Palm Press**. Starting with
the back foot, do a Double Round Kick.
Land forward and pivot on the ball of your
front foot. Do a **Spin Heel Kick** (*your leg
should stay as straight as possible when doing
this kick*). The optimum angle of attack is
from the ground to the opponents chin at
approx. a 45° angle.



This worksheet belongs to: _____