

3rd Gup – Brown Stripe Belt

Form: Bassai and all preceding forms

Mixed Form: 1st half Pyung Ahn Chodan, 2nd half Pyung Ahn Edan

Applications:



1. In-to-out block on the inside of the arm



2. In-to-out block to block the second punch



3. Move in and under attacker's arm and pass hands around the arm



4. Apply pressure to the shoulder and pull attacker's arm into your chest to lock the shoulder



1. Single grab to lapel



2. Secure hand and pass other arm underneath to the shoulder



3. Step out and force the shoulder downwards



4. Low side kick to the knee



5. Turn the attacker's hand palm up with thumb facing out



6. Turn your back to bring the attacker's elbow onto your shoulder and pull down to lock elbow

Fitness (3 mins 30 secs)

- 24 'Round the Clock' push ups
- 20 Burpees
- 20 Sit Ups (knees Up)
- 20 Heel Jumps

Breaking

- Jump Back Spinning
Hook Kick

Bong

- Bong Form 1

Basics

- As directed.
- These will be at a level appropriate to your grade and jump techniques are added at purple belt level.

Sparring

- As directed.
- You can expect to have more bouts and longer times as you progress through the grades.

Combinations

- As directed.
- These will increase in complexity and number as you progress through your grades. They will be combinations of the basics expected at that level.

Typical Grading Questions:

1. The meaning of Bassai
2. The number of movements in Bassai
3. The animal symbol for Bassai
4. Why is this animal the symbol for Bassai