

BROWN BELT



Form

Chon Ji In Sam Chang (33 movements)

People. Human kind, which fills the cosmos with hopes, dreams, and the uniqueness within each person; which together with the earth and heaven makes up the universe in which we live.

Blocks

Leg Check

Stances

All Previous

Self-Defense

Bear Hug Arms In
Bear Hug Arms Out

Strikes

Jab Punch
Cross Punch
Lunging Axe Kick
Back Leg Hook Kick

Grappling

Ippon Seoi Nage Throw
Morote Seoi Nage Throw
Armbar (From Guard)
Triangle Choke (From Guard)