

ADVANCED TRAINING

Refine the details. Raise the standard.



KICKS

Front kicks 1-5 and jump front kicks

Keep all five variations sharp. Jump front kicks add a new challenge in preparation, control, and a balanced landing.



FORM

Chung-Moo, first 17 moves

Practice only the assigned opening section. Stop at the double knife-hand block after the round kick and reverse side kick sequence taught in class.



STICK COMBINATION

Three count, mountain and valley

Work both sides with partners. Add mountain and valley while keeping the pattern deliberate and controlled.



SELF-DEFENSE

Wrist release and advanced finish

Review the release, backfist, ridge hand, and knee strike. Add the instructor-taught choke portion in supervised class only.



BEYOND THE BELT

Slow down enough to sharpen the skill.

You have a foundation to build on. Use a purposeful pause to set your stance, process feedback, and choose how you respond when the work becomes demanding.

AT HOME, TRY SAYING

"Which detail deserves your attention before the next repetition?"



NOTICE THE LITTLE WINS

Celebrate a correction carried into the next class, a controlled landing, or persistence with a difficult detail.

HOME PRACTICE

Refine solo moves and open-hand patterns for memory and control. Develop partner skills with coaching in class. Younger students can practice at home with a grown-up.