

DAVID VINCENT'S

Semester Curriculum

ADULT // JUNE - AUG 2020

**no individual rank curriculum this semester*

TKD

Toi-Gye Pattern

Taekwondo - The Chang-Hun style patterns were written by General Choi who is considered the founder of Taekwondo. Toi-Gye is the pen name of the noted scholar Yi-Hwang (16th century AD), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37 degrees latitude. The diagram represents "scholar".

PANANTUKAN

- (1) Jab / Cross / Cover the Cross / 2 / 3 / 2 - add elbow spike
- (2) Shoulder Roll the Cross / 2 / 3 / 2 - add backhand gunt
- (3) Bob & Weave the Lead Hook / 2 / 3 / 2 - add groin slap
- (4) Cover the Lead Hook / 2 / 3 / 2 / Rear Round Kick - add cover & hit

KALI / ESKRIMA / SILAT

Stick & Dagger - Full Box Sumbrada

Interrupt pattern with elements / add prefix / add finish

Stick and Dagger is the third subsystem under Inosanto Kali. Filipino Martial Arts make use of weapons such as single stick, double stick, knives, swords, projectiles and flexible weapons. Weapons take precedence and act as a "force multiplier" to give practitioners an edge in combat.

INOSANTO DOUBLE STICK

Forehand / Backhand Concepts in Inosanto 6 count system:

III IIB IBB IBI BII BBI BIB BBB

Vary first side and second side. / Vary targets of strikes between low and high.

By looking at every strike as either a forehand or a backhand we can experiment with how to get to each strike efficiently and effectively. There are 4096 variations if you consider the other two variables of low line strike versus high line strike and on-side (right hand initiate) versus off-side (left hand initiate).

TKD BASIC PATTERNS

White Belt / Ki-Bon
Yellow Belt / Dan-Gun
Orange Belt / Do-San
Green Belt / Won-Hyo
Purple Belt / Yul-Guk
Blue Belt / Joong-Gun
Brown Belt / Hwa-Rang
Red Belt / Choong-Moo

TKD BLACK BELT PATTERNS

1st Degree / Gwang-Gae /
Po-Eun / Ge-Baek
2nd Degree / Choong-Jang /
Yoo-Sin / Ul-Ji
3rd Degree / Yon-Gae /
Juche / Ko-Dang
4th Degree / Choi-Yong / Tong-Il
5th Degree / Moon-Moo