

DAVID VINCENT'S

semester curriculum

ADULT // APRIL - JUNE 2020

TKD / MUAY THAI

Toi-Gye Pattern

Thai Boxing 6 Counts (3)

(1) Left Kick / Cross / Hook / Right Elbow / Right Knee / Right Kick

(2) Left Kick / Cross / Left Elbow / Right Elbow / Right Knee / Right Kick

(3) Left Kick / Right Knee #2 / Left Elbow / Right Elbow / Left Elbow / Right Kick

Taekwondo - Traditional Korean style of Martial Arts known for its dynamic kicks. Taekwondo translates to "Hand Foot Art". 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".

KALI / ESKRIMA / SILAT

Single Stick - Kilap

Stick & Dagger - 7 Count Closed

Choke Defense

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. Maphilindo Silat is the compilation of the various systems of Silat Guro Dan Inosanto studied under masters from Malaysia, the Philippines and Indonesia.

INOSANTO DOUBLE STICK

Forehand / Backhand Concepts in Inosanto 6 count system:

III IIB IBB IBI BII BBI BIB BBB

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