

BASIC 19 MOVEMENTS (WHITE BELT)

YONG IN MARTIAL ARTS ACADEMY, INC.

(The basic 19 movements are the roots of our body. Learning these movements will allow them to have a strong base (stances) so that their movements are perfect and stable. Without a strong understanding of the basics their plant will not grow high or live long.)

1. (12:00) Left foot Deep Front Stance R Middle Punch
(Kiyup! = Yelling)

2. (12:00) R DFS – L MP (K!)
3. (12:00) L DFS – R MP (K!)

**** (1/4 turn Left) ****

4. (9:00) L DFS – L Low Block
5. (9:00) R DFS – R Low Block
6. (9:00) L DFS – L Low Block
7. (9:00) R DFS – R Low Block

**** (1/2 turn Right) ****

8. (3:00) R DFS – R High Block
9. (3:00) L DFS – L High Block
10. (3:00) R DFS – R High Block
11. (3:00) L DFS – L High Block

**** (1/4 turn Left) ****

12. (12:00) L DFS – L Out-to-In Block
13. (12:00) R DFS – R Out-to In Block
14. (12:00) L DFS – L Out-to In Block
15. (12:00) R DFS – R Out-to In Block

**** (1/2 turn Right) ****

16. (6:00) R BS – R In-to-Out Block
17. (6:00) L BS – L In-to-Out Block
18. (6:00) R BS – R In-to-Out Block
19. (6:00) L BS – L In-to-Out Block



Deep Front Stance
Right Middle Punch



Deep Front Stance
Left Low Block



Deep Front Stance
Right High Block



Deep Front Stance
Right In-To-Out Block



Back Stance
Right Out-To-In Block

Return (12:00) = Picture a clock on the floor—you stand in the middle facing (12:00)

K! = Kiyup!
DFS = Deep Front Stance
BS = Back Stance
MP = Middle Punch
O-T-I = Out to In Block
I-T-O = In-to-Out Block