



# Martin Martial Arts and Self-Defense Inc.

## Senior Techniques

Hand Techniques	Kicking Techniques	Poomses
<b>White Belt:</b> 1. Ride horse motion – Front punching attack 2. Defense to the down – Front stance 3. Defense to the middle – Back stance 4. Attack to the middle – Front stance 5. Defense to the up – Front stance 6. Knife hand defense to the up – Back stance 7. Attack to the up – Front stance	<b>White Belt:</b> 1. Front 2. Step behind side 3. Round	<b>White Belt:</b> · Chon-Ji Hyung
<b>Gold Belt:</b> 1. Double wrist block – Back stance 2. Reverse knife hand strike – Back stance 3. Outside block – Front stance 4. Knife hand defense to the down – Back stance 5. Spear hand – Front stance 6. Inside block – Front stance 7. 3 Steps: 1 & 2	<b>Gold Belt:</b> 1. Korean side 2. Crescent 3. Reverse crescent 4. Check side 5. Spin back side	<b>Gold Belt:</b> · Tan-Gun Hyung
<b>Orange Belt:</b> 1. Front punch – Fixed stance 2. X-Block – Up and Down – Fist and Knife – Front stance 3. Side punching attack – Ride Horse stance 4. Double wrist block – Knife hands – Back stance 5. 3 Steps: 3 & 4	<b>Orange Belt:</b> 1. Skip side 2. Skip front 3. Skip round	<b>Orange Belt:</b> · To-San Hyung
<b>Green Belt:</b> 1. Double forearm block – Front stance 2. Ridge hand side block – Back stance 3. Palm heel block – Back stance 4. 3 Step: 5	<b>Green Belt:</b> 1. Step behind hook 2. Jump front 3. Jump round 4. Jump side	<b>Green Belt:</b> · Won-Hyo Hyung



# Martin Martial Arts and Self-Defense Inc.

## Senior Techniques

Hand Techniques	Kicking Techniques	Poomses
<b>Blue Belt:</b> 1. Front palm heel press block – Front stance 2. Stick Block – Back stance 3. Mountain block – Ride Horse stance 4. 1 Steps: 1 – 5	<b>Blue Belt:</b> 1. Front hook 2. Combo – Front, Round 3. Combo – Crescent, Side 4. Back pivot 5. Spin back round	<b>Blue Belt:</b> · Yul-Guk Hyung
<b>Purple Belt:</b> 1. High – Low block – Back stance – Fist 2. High – Low block – Back stance – Knife 3. Knife hand high block and Knife hand strike – Front stance 4. 1 Steps: 6 – 10	<b>Purple Belt:</b> 1. Spin back hook 2. Axe kick 3. Combo – Hook, Round 4. Reverse Axe 5. Flying side (2 steps)	<b>Purple Belt:</b> · Chung-Gun Hyung · Toi-Gye Hyung
<b>Brown Belt:</b> 1. Ridge hand low block – Back stance 2. Throat Attack – Front stance 3. 1 Steps: 11 – 15	<b>Brown Belt:</b> 1. Jump crescent 2. Spin back jump crescent 3. Combo – Spin back hook, Round 4. Jump reverse crescent 5. Spin back reverse crescent	<b>Brown Belt:</b> · Hwa-Rang Hyung · Chung-Mu Hyung
<b>Red Belt:</b> 1. Spin back fist – Fighting Stance 2. Upper crane technique – Back Stance 3. 1 Steps: 16 - 20	<b>Red Belt:</b> 1. Spin back jump round 2. Jump spin back side 3. Jump spin back hook 4. Jump spin back reverse crescent	<b>Red Belt:</b> · Bassai Hyung · Koryo Poomse