

CHUNG-MU CYCLE



RED & HIGH RED BELT WORD OF THE BELT: **POSITIVE SELF-DIRECTION**

Winning Black Belts have clearly defined goals and purpose, which are constantly referred to on a constant basis. Winners are role and goal driven and get what they set!

LOW BROWN BELT WORD OF THE BELT: **POSITIVE SELF-PROJECTION**

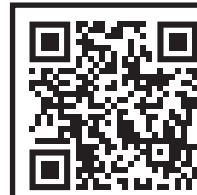
Winning Black Belts project their best selves every day in the way they look, talk, listen, and react. Winners communicate immediate impressions of happiness and success at all times.



LOW BROWN BELT COMBOS

1 JAB, FRONT HOOK PUNCH

2 BACK UPPERCUT, FRONT HOOK PUNCH



SCAN ME
to see this
curriculum
on our
website!



FORM

CHUNG-MU INVENTOR OF THE FIRST ARMORED BATTLESHIP

MY **GOAL**

TEST TIME!! DID YOU MEET YOUR GOAL?

Yes!

Not yet, still working on my goal!

2 MONTHS



Reinforced block, hammer fist, back fist

Back leg side kick

Back leg side kick

Spear finger

Groin strike, surfer block

Stick block, jump 360, sudo block

Back leg round

Closed hand sudo

Reverse side kick

Back leg round

Reinforced Ridgehand

Back leg round

Reverse side kick

Closed hand sudo

X-block

Upper block

Reverse punch

Kidney Strike

Groin strike, surfer block

Stick block, jump 360, sudo block

Back leg round

Reverse side kick

Closed hand sudo

Reinforced Ridgehand

Back leg round

Reverse side kick

Closed hand sudo

Spear

Sudo Block

Open hand square block

Left open hand upper block,

right inverted chop

Sudo to front, set to back, side kick, land sudo to front

2 step jump side kick, land sudo

Head Smash

Grab

Down block

CHUNG-MU