



# American Hybrid Combat Karate

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## TERMINOLOGY

- 1) **Chung-Be** -- is known as a relaxed ready position. Feet are shoulder width with the arms making a circle around the belt line.
- 2) **Front Stance** -- Start with feet shoulder width apart, step one foot about three to four of your footsteps forward. The front leg is bent, the back leg is straight. 70% of your weight is on the front foot. Hips are square, with head over center of hips. ( Hands can be in fighting position or block and recoil)
- 3) **Back Stance** – Start with feet in an “L”. Step on foot out two to three foot lengths. Both knees are bent. Body is bladed. 60% of weight is on back foot. Hands are up in guard position.
- 4) **Pyramid concept--** A concept of power. Wide, deep base with head over center. We stand at the point of a triangle. As we move in or out, we slide along the imaginary lines of the sides of that triangle.
- 5) **#1 Slide**—Front foot is picked up as you spring off with back foot.

- 6) **#2 Slide** – Back foot is thrown forward past front foot (Just like skipping)
- 7) **#3 Slide** -- Replace front foot with rear foot as you hop.
- 8) **#1 Kick** – Means to kick with lead/front leg
- 9) **#2 Kick** – Means to kick with rear leg
- 10) **Pride** – A sense of personal dignity; a feeling of pleasure because of something achieved or done. AHCK students are to have pride in themselves, family, school and community.
- 11) **Honor** -- High regard or respect; personal integrity; reputation. AHCK students are to seek honor in all that they do. AHCK students follow rules/laws because they seek honor, not to prove it to anyone but himself or herself. Stand for those who can't stand for themselves. No one can give you honor or steal it from you. You can only give it away.
- 12) **Integrity** -- Uprightness of character; honesty; the condition, quality, or state of being complete or undivided. AHCK students must learn to never accept that which they know to be wrong as truth. To stand for what is right, even if it means they will lose a "Friend".
- 13) **KI-HAP** – (KIA) it is a forceful yell that comes from deep within the stomach. It is used to startle your opponent but also increases your energy.
- 14) **Block**—A Tae Kwon Do block meets force with force. It is a linear movement that combines speed with a twisting motion. It is used to cause damage to the opponent when blocking.
- 15) **Parry**—a parry is not a block. It is simply a deflection of the blow that is coming toward you. We redirect the direction of the blow.
- 16) **Universal Principles** --- Control the head, Body parts to Body mass, Always target seek, Move to the Vacuum, Move in angles and circles, Closest weapon to closest open target