

4 Directions

The four directions are the first set of one-step self defense that we learn. The purpose of this series is to introduce the student to the four directions they can move to in order to avoid and attack and set up a counter attack. The four directions are; forward, backward, inside and outside. These are very rudimentary approaches to one-step self defense but serve as a helpful building block before adding more blocks and strikes for a more intricate sequence.

All one-step self defense are performed in a specific manner. Attackers start in a left front stance performing a left low block. Defenders start in a Joon Be ready stance. First the attacker will kihap to let the defender know they are ready. Next the defender will kihap to and the attacker will step forward into a right front stance right body punch. After the sequence they both return to their starting positions.

Direction #1: (Outside) Student Steps to the Left 45 degrees, making sure their whole body moves out of the path of the attackers punch and executes a right roundhouse kick.

Direction #2: (Backward) Student steps back with the right foot into a defensive stance and performs a right front kick.

Direction # 3: (Inside) Student Steps to the Right 45 degrees, making sure their whole body moves out of the path of the attackers punch and executes a left roundhouse kick

Direction #2: (Forward) Student steps back with the right foot into a defensive stance and performs a right front kick, followed by a left front kick moving forward.