

A1 – A5

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.

- A-1** Step 45 degrees to the left, with the left leg into a horse riding stance. Perform a left hammer block followed by a right body punch to the ribs and then a left body punch to ribs
- A-2** Step back with the right foot into a left back stance, at the same time as you perform a left inner forearm block, blocking the attack. Step forward with the right foot into a right front stance, right face punch followed by a right round elbow to the face.
- A-3** Step 45 degrees to the right with the right leg, into a horse riding stance. At the same time, perform a left single knife hand block & right inverted knife hand strike to the neck.
- A-4** Step forward with right foot into a walking stance, and perform a right hammer block to avoid the attack. Keep spinning counterclockwise, and throw a left elbow to the body, followed by a Left back fist to the face.
- A-5** Step back with the right leg into a defensive stance, and perform a left outer forearm block. Grab attacker's arm with the blocking hand and hold onto it for balance. Perform a right groin kick followed by a right roundhouse kick to the head without putting the foot down.