

# A11 & A12

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.

**A11** Step back with the left leg into a defensive stance and you throw a right low block, blocking the punch. Step behind with the left leg and step the right leg out behind the attacker's legs, and you swing the right arm in a counter clockwise direction, perform a hip toss and finish with a punch to the fallen attacker.

**A12** Step forward with the left leg into a left walking stance as you perform a wrap around technique to lock the attackers punching arm into an arm bar. Step in with the right foot behind the attacker's legs as you throw a right tiger punch to the throat, taking down the attacker and finish with a punch.