

A16 – A20

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.

- A16** Step to the right on a 45 degree angle into a horse riding stance. Perform a left outer forearm block and a right face punch simultaneously. Grab the attacker's punching arm with the left hand, and flip the right hand back into a back fist to the nose. Push down on the back of the attackers head with the right arm as you left their punching arm with your left hand and perform a helicopter spin take down. Finish with an axe kick.
- A17** Step to the left 45 degrees, perform a right single knife hand block with the right hand and grab the attackers wrist. Perform a right leg roundhouse kick to the stomach, re-chamber and without putting the leg down, side kick to their lead knee, crescent kick over the punching arm to pull them down finish with roundhouse kick to the face.,
- A18** Step backward with the right leg into a defensive stance drop to your left knee as you perform a high left hand knife hand block. Perform a spin hook kick low sweep with the right leg to the ankle of the attacker, forcing them to fall backwards, finish with a right leg roundhouse kick to the face with the right leg from the ground.
- A19** Step back with the right leg into a defensive stance. Perform a right inside crescent kick hitting the attackers punching arm, continue to spin and finish with a right roundhouse kick.
- A20** Step back with the left foot into a defensive stance, perform a left crescent kick hitting the attackers punching arm, without putting the leg down, follow with a right jump roundhouse kick.