

A8 – A10

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-8** Step 45 degrees to the left with the left leg into a horse riding stance, perform a right outer forearm block immediately follow by grabbing the attackers punching arm. Left palm heel strike to the elbow (breaking it). Throw a right ridge hand strike under the attackers punching arm, striking to the face, as you spin counter clockwise and follow with a left backwards elbow to the body.
- A-9** Step 45 degrees to the right with the right leg into a horse riding stance, single knife hand block with the left hand at the same time throw a face punch with the right hand. Pivot into a right front stance left upward elbow strike to the attacker's chin.
- A-10** Step forward with the left leg into a left front stance, left high block. Right face punch, followed by a right elbow to the face. Grab back of attacker's head with the right hand and pull head down as you smash it with a right knee.