

A1 & A2

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.