

A11 – A15

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.
- A13** Step backward with the right leg into a defensive stance and you perform a right downward block grabbing the attackers punching arm. Right front kick to the attackers ribs, before you land the kick tug on the attackers arm to pull the off balance, release the arm and throw a ridge hand strike to their chest forcing them to fall backwards over your right kicking leg that you landed behind them. Finish with a palm heel strike.
- A14** Step 45 degrees to the right with the right leg into a horse riding stance, block the punch with the left arm, out forearm block/grab combination. Throw a let leg roundhouse kick, reach through their legs with your right arm grab your left arm which is still holding the attacker's punching arm, and pull up forcing the attacker to fall on their back. Finish with a right leg axe kick.
- A15** Defender falls onto their left side, simultaneously throwing a right leg roundhouse kick to the attackers mid section or groin. Follow immediately with a right hook kick behind the attacker's knee, forcing them to fall forward, sit up and finish by breaking the foot.