

- ◆ The following moves simulate defences when your **FACE** is attacked by a **RIGHT** punch.
- ◆ Ensure that you reverse these techniques and also practice as though being attacked by a left punch.
- ◆ Practise each of these moves until they become a reflex action - and then practice them some more!
- ◆ Always **START** and **FINISH** each move using Choombi Stance - in synch with your partner.



## 1



Step in with left foot into **left forward stance** and block face punch with a **left outer face block**...

A

... immediately attack opponent with a **right punch** to their face. Ensure that you use power from your hips and that you pull your left arm back to your hip.



B

## 2

Step in with left foot into **left forward stance** and block face punch with a **left outside face block**...



A

.... immediately attack opponent with a **right Kal Jebi** to their throat. Ensure that you use power from your hips and that you pull your left arm back to your hip.



B

Slide towards opponent with your left foot into a **left forward stance** while defending opponent's punch with a **left outside face block**...



### 3



...immediately reach up and **grab attacker** from back of **head** with **both hands**, then simultaneously attack face, by **pulling their head down** onto a rising **right knee strike**.