

One Step Sparring (Han Bon Jurugi)

- The following moves simulate defences when your FACE is attacked by a <u>RIGHT</u> 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 <u>FINISH</u> each move using Choombi Stance - in synch with your partner.





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

... 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.



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



.... 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.



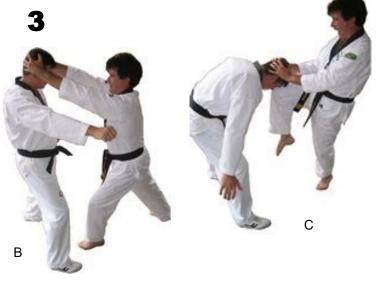
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Slide towards opponent with your left foot into a left forward stance while defending opponent's punch with a **left outside** face block...





...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.



In one movement, slide in close with the right foot and land to the side of the opponent into a **left back stance**.

Simultaneously block attackers arm with a **left outside face block** and attack with a knife hand strike (palm up) to the attackers neck. Ensure that you use power from your hips.

Step in with the right

foot and go to left back stance and block opponents punch with a right inner face block...



... then slide in close to attack the opponent with an assisted elbow strike to the jaw while ensuring that you finish in the horse riding stance.



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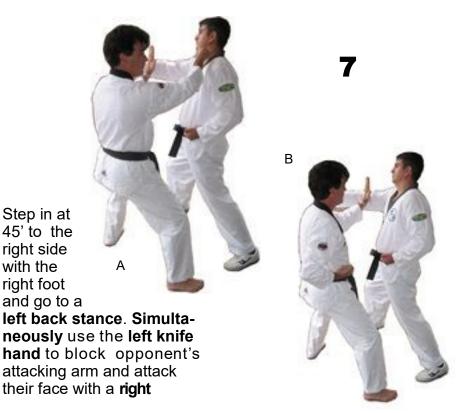
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Step in with right foot and land in a right forward stance as you grab opponent's attacking arm at the wrist with your left hand...



Step in at 45' to the right side with the right foot

... Using your body weight and opponent's wrist as leverage, simultaneously twist their arm and attack the left side of opponents jaw with a right inside knife hand strike (palm up) followed immediately by an **outside knife hand strike** (palm down) to the right hand side of their jaw. Also, simultaneously pull back your right foot to unbalance them. (Both strikes are with the same arm).



...then draw your right fist back to your hip ...



... and immediately attack opponent's sternum with a right hand inverted punch ensuring you simultaneously pull your

MARTIAL PARTIES

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Slide towards opponent at 45' to the left with your left foot and go to a horse riding stance while attacking the elbow joint of the opponent's punching arm with a left 'Batangsun Chigi' (heel of palm strike), to knock their arm away from you...





...then, attack opponent's rib cage from the side with a **double punch** (right



... then attack opponent's rib cage from the other side with a **right jumping turning kick** while ensuring that you jump back sufficiently to **create the correct distance** for the kick.



Step in close with the right foot into a **left back stance** and simultaneously

defend opponents attacking arm with a **right** inside face block...

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... immediately after blocking, step forward and close in with your left leg and simultaneously pivot your hips 180' and land side on to your opponent into a right back stance while attacking their jaw with an assisted elbow strike. Ensure that you are side on to the opponent and close enough to be effective.

Slide in and to the left side with left foot into left forward stance and defend opponent's attacking arm with a left outside A face block. ...



...grab hold of opponent's attacking arm and pull it

towards you and simultaneously **step in** close with your right leg into a **right forward stance** while attacking opponent's jaw with a **right elbow strike**...





...ensure that **your hip** is <u>on</u> the attacker's hip and simultaneously **straighten** your right knee and **twist** your opponent **over** your hip onto the ground.