

- ◆ 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**...



A

3



B



C

...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**.



4

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.

5

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



A

... 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**.



B

6

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**...



A



B

... 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).

7

Step in at 45° to the right side with the right foot and go to a **left back stance**. Simultaneously use the **left knife hand** to block opponent's attacking arm and attack their face with a **right**



A



B



C

...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

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...



8



...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**...

9



... 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 face block**. ...



10

...**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 on the attacker's hip and simultaneously **straighten** your right knee and **twist** your opponent **over** your hip onto the ground.