

- ◆ 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

## One Step Sparring (Han Bon Jurugi)

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).