

One Step Sparring (Han Bon Jurugi)

- 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
- 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.



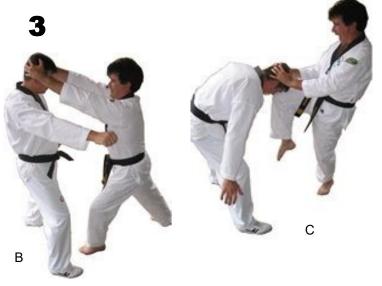
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Slide towards opponent with your left foot into a left forward stance while defending opponent's punch with a left outside face block...





...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**.



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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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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...



... 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).