

1ST DEGREE BLACK BELT

ONE-STEPS:

1. Left outer crescent kick to block punch. Without lowering left leg, right jump front kick to mid or high section. Right foot steps down into right front stance, left reverse horizontal spearhand to high section. Right horizontal spearhand to high section. Twin palm strike to ears. Grab opponent's collar behind neck with both hands, step back with your right foot continuing hold, and push him down to floor. Continue hold with left hand, right punch to face. **KIHAP**
2. Left foot steps 45 degrees to left into left front stance, right reverse hooking block/grab. Right #2 round kick to mid section, stepping down into right front stance. Apply left hand to wrist grab, turning opponent's palm clockwise in an upward motion. At the same time, left foot steps under arm into a middle stance. Pull opponent's arm down across your left shoulder (simulating elbow break). Release hold, right back elbow to mid section. Left spin back elbow to mid section. Bend forward and grab opponent's leg. Pull leg upward forcing him to fall down. Right low spin hook kick to head. **KIHAP**
3. Right foot steps 45 degrees to right into middle stance. At the same time, left reverse hooking block/grab and right upset spearhand to throat. Continue wrist grab, right horizontal two-finger spearhand to eyes. Right upset knifehand strike to high section. Place your right hand around the back of opponent's neck, pull head down and right #1 front knee kick to face. Right foot steps down to opponent. Continue wrist and neck grab. Left foot steps back counter clockwise in circular motion forcing opponent to floor. Pulling his right arm and neck, right foot steps back into left front stance. Right #2 axe kick to mid section. **KIHAP**
4. Left foot steps 45 degrees to left into left front stance, right reverse hooking block/grab. Right #2 round kick to mid section. Right foot steps down into right front stance, left reverse punch to high section. Continue wrist grab, turning counter clockwise into left front stance. Right hooking sweep and turning clockwise into right knee stance. Place your left hand on opponent's face, pushing down. Continue wrist grab, turning his palm upward. Push elbow across the thigh of your extended left leg (simulating elbow break). Release hold, right downward hammerfist to mid section. Left downward hammerfist to mid section. Right downward hammerfist to mid section. **KIHAP**

5. Right inner crescent kick to block punch. In continuous motion, right side kick to mid section. Right foot steps down into side middle stance, right knifehand strike to high section. Left foot steps back counter clockwise 180 degrees, placing left knee on floor into left knee stance. Right back elbow to low section. Right vertical backfist to high section, then place your right hand on opponent's back at the waist. Push your right hand forward and down, while sliding your right foot straight back sweeping his back leg. As opponent falls down, use both hands to push him to the floor. Right downward punch to mid section. Left downward punch to mid section. Right downward punch to mid section.

KIHAP

6. Left foot steps 45 degrees to left into middle stance. At the same time, strike the back of opponent's elbow with left outer forearm and strike inside of his wrist with right inner forearm (simulating elbow break). Left knifehand strike to high section. Shift counter clockwise into left front stance, right reverse ridgehand strike to mid section. Shift clockwise into right front stance, left reverse upset punch to mid section. Place your left hand on opponent's mid section. At the same time, push back with left hand and left instep foot sweep to his front leg. Left foot steps forward, right downward reverse side kick.

KIHAP