

Gae-Baek One-Steps:

SELF DEFENSE: AGAINST KNIFE ATTACK

1. Attacker: #5 strike

Defender: Right foot steps right 45 degrees into right front stance. Left #2 side kick to knee. In continuous motion, left outer crescent kick to block knife. Without lowering left foot, right #1 jump front kick. Right foot steps down into right front stance, left reverse upset knifehand strike to high section. Right horizontal spearhand to high section. Left reverse horizontal spearhand to high section. Right upset knifehand strike to high section. Right foot steps back 45 degrees into right back stance, left double knifehand block. **KIHAP**

2. Attacker: #2 strike

Defender: Right outer crescent kick, stepping down into side parallel stance. Left #3 side kick to knee. In continuous motion, left hook kick. In continuous motion, left round kick. Left foot steps down into side middle stance, left knifehand strike to high section. Left foot steps out into a left front stance, right reverse ridgehand strike to high section. Left vertical elbow strike to high section. Left foot steps to right foot. Right foot steps back into right back stance, left double knifehand block. **KIHAP**

3. Attacker: #1 strike

Defender: Right inner crescent kick to block punch, stepping down counter clockwise to left foot with your back to opponent. Left reverse hook kick. In continuous motion, left round kick. Left foot steps down into right back stance, left knifehand strike to high section. Left foot steps into left front stance, right reverse horizontal spearhand to high section. Left horizontal spearhand to high section. Right reverse ridgehand strike to high section. Left foot steps back into side parallel stance, right #1 jump hook kick. Right foot steps to left foot. Left foot steps back into left back stance, right double knifehand block. **KIHAP**