

2ND DEGREE BLACK BELT

ONE-STEPS:

1. Left foot steps 45 degrees to left into left front stance, right hooking block/grab. Right #2 round kick to mid section. In continuous motion, right side kick to mid section. In continuous motion, right hook kick to high section. In continuous motion, right round kick over opponent's arm to high section. Continue wrist grab. Hook right leg over arm and under shoulder joint, placing instep behind upper back. Right leg steps down, turning clockwise forcing opponent down and trapping his right forearm behind your right knee joint. Right two-finger spearhand to eyes. **KIHAP**
2. Left outer crescent kick to block punch. Without lowering left leg, right #1 jump round kick. Right foot steps down into left back stance, right knifehand strike to high section. Right foot steps into right front stance, left reverse ridgehand strike to high section. Right ridgehand strike to high section. Lower left knee to floor into right front knee stance, left reverse vertical ridgehand strike to low section. Right punch to low section. Left circular hand sweep behind opponent's front leg. Continue circular hand sweep and push leg toward his body. Right punch to low section. **KIHAP**
3. Left foot steps back counter clockwise into side middle stance, right crossing outer forearm block. Right back elbow to mid section. Right foot steps into right front stance, left reverse horizontal elbow to high section. Left back elbow to high section. Right upward vertical elbow strike to high section. Slide downward onto the floor, placing both your legs (even with your shins) between opponent's legs. Split kick (your left leg kicks to opponent's right leg and your right leg kicks to his left leg), forcing him to fall backwards to the floor. Right outer ax kick to low section. **KIHAP**
4. Left foot steps 45 degrees to left into middle stance, left palm block to punch. Left foot steps toward opponent into right back stance, left knifehand strike to high section (chambering right hand at same time). Right upset knifehand strike to mid section (chambering left hand at same time). Left knifehand strike to high section. Right foot steps back 45 degrees, left #1 side kick to mid section. Right jump spin hook kick. Right spin hook kick. Right drop spin hook sweep to opponent's front leg. Right vertical round kick to mid section. **KIHAP**

5. Left foot steps counter clockwise 180 degrees into middle stance, right downward knifehand block/grab. Twist opponent's wrist clockwise into reverse wrist lock and right #1 twist kick to mid section. Continue reverse wrist lock. Right foot steps down toward opponent. Left foot steps clockwise into right front stance and re-enforce wrist lock with left hand. Left #2 front kick to mid section. Without lowering left foot, right #1 jump front kick to high section. Right foot steps down into short right front stance. Continue wrist lock. Left #2 inner crescent kick over top of his right shoulder, stepping down 270 degrees. Continue dropping your body downward, forcing opponent to floor. Position the back of your right leg on top of his shoulder joint. Continue wrist grab with left hand, right downward vertical elbow to opponent's back. **KIHAP**

6. Right foot steps clockwise 180 degrees into middle stance, left downward knifehand block/grab. Twist opponent's wrist counter clockwise into front wrist lock and left #1 twist kick to mid section. Continue wrist lock. Left foot steps down, right #2 jump round kick. Right foot steps down towards opponent, right horizontal elbow to high section. Place right hand to re-enforce front wrist lock. Left foot steps back counter clockwise. Twist wrist lock in downward counter clockwise motion to force opponent to floor. Left hand continues wrist lock. Place your right hand (fingers down) on his elbow joint. Apply pressure to elbow, forcing opponent onto his chest. Swing your right leg around his arm counter clockwise and place your right foot under the chest. Lower your left knee to floor. Continue wrist lock with both hands, pulling to right to dislocate his shoulder. **KIHAP**