

## CHOONG-MOO ONE-STEPS:

1. Attacker: #6 strike

Defender: Left foot steps 45 degrees into a left front stance, #6 block. Grab attacker's right wrist with left hand. #3 strike to high section. Right butt strike to high section. Hook butt of stick around right side of attacker's neck. Right #2 knee kick. Right foot steps 45 degrees into a left knee stance, forcing attacker onto his belly. #6 spin strike. **KIHAP**

2. Attacker: #1 strike

Defender: Right foot steps into a right front stance, #1 block. Grab attacker's right wrist with left hand. #4 strike to mid section. #3 strike to mid section. #1 front kick to mid section. In continuous motion, round kick to high section. Stepping down 45 degrees clockwise into a middle stance, facing attacker. Hook back of attacker's right knee with butt of stick, sweeping him onto his back. #5 strike to mid section. **KIHAP**

3. Attacker: #6 strike

Defender: Right foot steps 45 degrees into a right front stance, #6 block. Grab attacker's right wrist with left hand. #9 strike to low section. Spin #6 strike to high section. #5 strike to mid section. Step forward into left front stance hook butt of stick around left side of attacker's neck. Right hooking sweep to back of right leg. Right foot steps into a right knee stance. Butt strike to mid section. **KIHAP**