

HWA-RANG ONE-STEPS:

SELF DEFENSE: AGAINST STICK ATTACK WITH A STICK

1. Attacker: #9 strike

Defender: Left foot steps 45 degrees into a left front stance, #8 sweeping block. Grab attackers right wrist with left hand. Right foot steps clockwise toward opponent into a right back stance, right back stab. Right foot steps counterclockwise into a left front stance, raising opponents right arm. #1 strike to high section. #4 strike to mid section. #5 strike to mid section. **KIHAP**

2. Attacker: #1 strike

Defender: Right foot steps into a right front stance, #1 block. Grab end of attacker's stick with your left hand. Rotate the stick counter clockwise forcing it out of attacker's hand. Left #2 strike to back of opponents right arm, simultaneously right #1 strike to the inside of opponent's wrist, simulating an elbow break. Right #1 strike to high section. Left #2 strike to high section. Right #9 strike. Twin #5 strike to mid section. **KIHAP**

3. Attacker: #1 strike

Defender: Right foot steps 45 degrees into a right front stance, #1 block. Left outer knifehand block. Left foot steps into a left front stance snake left hand over and under opponents arm placing back of left hand on inside of opponents shoulder. Right #9 strike. Right #6 strike. Right #5 strike to throat. Hook butt of stick behind right side of attacker's neck. Right #2 knee kick to mid section. **KIHAP**