

TOI-GYE ONE-STEPS:

1. Attacker: #5 strike.

Defender: Right foot steps back into a middle stance. At the same time, apply a left downward palm block / wrist grab. Left #1 side kick to knee, stepping down toward opponent. Continue wrist grab, right foot steps counter clockwise into a left front stance (facing opponent). Apply your right hand to the wrist grab, turning in an upward position (back of opponent's hand facing you). Continue wrist grab with your left hand, grab opponent's hair or head with right hand. Pull forward and right #2 knee kick to face. Right foot steps down into a right front stance, right downward elbow strike to head.

2. Attacker: #3 strike.

Defender: Right foot steps 45 degrees into a right front stance, left reverse hooking block / grab. Left #2 round kick to mid section, stepping down into a left front stance (facing opponent). Right reverse horizontal elbow strike to high section. Continue grab, right foot steps forward in front of attacker into a middle stance, right back elbow strike to mid section, at the same time pull opponent's right arm across your chest. Lift opponent's wrist upward, right foot steps under the arm counter clockwise into a left front stance. At the same time, apply your right hand to the wrist grab (turning the wrist clockwise) and pull wrist to your left hip, forcing the opponent downward and right #2 front kick to face.

3. Attacker: #4 strike.

Defender: Left foot steps 45 degrees into a left front stance, right reverse hooking block / grab. Right #2 side kick to mid section, stepping down (facing) opponent into a right front stance. Left reverse palm strike to high section. Continue grab, left foot steps forward into a middle stance turning opponents palm upward counter clockwise. Place your left arm over the top of opponent's upper arm, then position your forearm above the elbow joint and grab the lapel of your uniform. Lift elbow upward and at the same time apply downward pressure on the wrist grab. Left back horizontal elbow strike to high section. Release wrist grab left foot steps counter clockwise into a left front stance, right reverse ridgehand strike to high section.