

JOONG-GUN ONE-STEPS:

1. Attacker: #6 strike.

Defender: Left foot steps back into a right front stance, knifehand X-block to high section. Left foot steps 45 degrees into a left front stance and apply right wrist grab. Right #2 front kick to mid section. Left palm heel to high section. Apply left hand to wrist grab, turning opponent's palm clockwise in an upward motion. At the same time, left foot steps under the arm into a middle stance. Pull opponent's arm down across your left shoulder (simulating elbow break). Release hold. Bend forward and grab opponent's right leg with both hands. Pull and lift leg up causing opponent to go down. Left reverse side kick to groin.

KIHAP

2. Right 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. In continuous motion left side kick to knee, stepping down 45 degrees into a left front stance toward opponent. Right reverse horizontal spearhand to high section. Right reverse palm strike to high section. Continue wrist grab and apply a right hand grab to shoulder of opponent. Right hooking sweep, stepping into a left front stance. Right axe kick to mid section. **KIHAP**

3. Attacker: #4 Strike.

Defender: Left foot steps 45 degrees into a left front stance, right reverse hooking block / grab. Right #2 round kick to mid section, stepping down 45 degrees into a right front stance. Left punch to high section. Turn counter clockwise into a left front stance, no step. Right hooking sweep, stepping down into a left front stance. Pull attacker's right arm back so that they spin 180 degrees on the ground, do not let go of arm. Pull up on attacker's right arm to turn them onto their stomach. Place right foot on back of attacker's shoulder and push down on the back of attacker's knuckles. **KIHAP**