

YUL-GUK ONE-STEPS:

1. Left foot steps forward into right back stance, left knifehand square block. Left knifehand strike to high section. Left foot steps into left front stance, right reverse ridgehand strike to high section. Left foot steps back counter clockwise to right foot into side stance, right #1 side kick. In continuous motion, right side kick. Right foot steps down to left foot. Left foot steps back into left back stance, right double knifehand block. **KIHAP**
2. Left inner crescent kick to block punch, stepping down (turning clockwise) to right foot with your back to opponent. Right spin outer crescent kick, stepping down into right back stance. Left #3 jump front kick, stepping down into right back stance. Left knifehand strike to high section. Left foot steps into left front stance, right reverse horizontal spearhand to high section. Left foot steps to right foot. Right foot steps back into right back stance, left double knifehand block. **KIHAP**
3. Left foot steps into left front stance, left outer forearm block. Right reverse punch to mid section. Left punch to mid section. Right reverse horizontal elbow strike to mid section. Left foot steps back counter clockwise into left back stance, Right #1 front kick, stepping down into left back stance. Right #3 jump round kick. Right foot steps to left foot. Left foot steps back into left back stance, right double knifehand block. **KIHAP**