

General Points to start.....

This again goes from a low section block in a left walking stance.

Number 1 - At Red Tag

Attacker: Step forward into a right walking stance high obverse punch.

Defender: Step backwards into a left walking stance high outer forearm obverse block, followed by a front snap kick from the back leg, making sure you 'fall' forward after the kick, into a walking stance guarding block.

Attacker: Not moving the feet, perform a low reverse outer forearm block, then counter with a low front snap kick from the front leg to the lower abdomen, placing the kicking leg behind you into a right L-stance guarding block. Kihap on the kick.

Number 2

Attacker: Steps forward into a right walking stance high obverse forefist punch.

Defender: Backwards into a left walking stance high section double forearm block, followed by reverse high flat fingertip thrust.

Attacker: Flying turning kick with the right leg to the solar plexus (Myong Chi) while moving to the right. Kihap on the kick.

Number 3 - At Red Belt

Attacker: Step forward low front snap kick from the right leg.

Defender: Step backwards into a left walking stance performing an x-fist pressing block followed by middle reverse punch with the right hand.

Attacker: Before you land the kicking leg, block with a reverse outer forearm block quickly followed by a high obverse punch with the right hand as the right foot hits the ground. Kihap on this punch.

Number 4

Attacker: Step forward middle side piercing kick from the back (right) leg. Land in sitting stance and perform a back elbow thrust with the left elbow.

Defender: Assume a left L-stance while dodging to the outside of the kick, performing an outwards knifehand strike to the back on the neck. Step forward with your right foot then left foot (Double stepping), pivot on the right and perform a high turning kick with the left leg. Kihap on the turning kick.

Number 5

Attacker: Step forward into a right fixed stance middle forefist side punch.

Defender: Assume a left rear foot stance forearm guarding block. Pivot on the right foot executing a high reverse turning kick with the left leg.

Attacker: Execute a high grasping block. Step your left leg behind your right into an x-stance while still holding the leg. This should push your hips through the opponent causing him or her to fall to the floor. Direct the leg aside and perform a low side piercing kick with the right leg to the groin.