

General Points to start.....

The attacker lines up to the defender in the same way as 3 step sparring, he or she then goes back into a left walking stance low block. When he or she is ready to attack, the attacker must shout and wait for the defender to respond with a shout before the attack can begin. This is only done on one side, i.e. not like one step sparring.

Number 1 - At Blue Tag

Attacker: Steps forward into a right walking stance high obverse forefist punch. (Gunnan so nopunde baro ap joomuk jirugi).

Defender: Step back into right walking stance obverse rising block with the left arm. (Gunnan so baro choockyo makgi).

Attacker: Step forward performing a low front smash kick from the back leg (left), landing in walking stance twin low section block. This is not blocking anything, it just makes everything look tidy.

Defender: Step back into a right walking stance performing an x-fist pressing block. (Gunnan so kyocha joomuk noollo makgi).

Counter by raising the back heel from the floor and landing it as you perform a high twin vertical punch, (Nopunde sang sewo jirugi). Kihap on this technique.

Number 2

Attacker: Step forward into a right fixed stance while performing a middle forefist side punch. (Gojung so kaunde ap joomuk yop jirugi).

Defender: Step back assuming a right L-stance performing a palm upwards block with the left hand. (Niunja so ollyo sonbadak makgi).

Attacker: Bring the back leg round and perform a middle turning kick landing in a right L-stance.

Defender: Step backwards into a left L-stance performing a waist block (Hori makgi). Counter by sliding to the opponent forming a right fixed stance performing a right back elbow thrust to the solar plexus, (Gojung so orun dwit palkup tulgi). Kihap on the elbow.

Number 3 - At Blue Belt

Attacker: Step forward performing a low front snap kick with the right leg, landing in walking stance twin low block.

Defender: Step backwards forming a left walking stance whilst performing an x-fist pressing block.

Attacker: Step forward into a left walking stance, high twin vertical punch.

Defender: Step backwards forming a left L-Stance, high wedging block, (Niunja so nopunde hechyo makgi). Counter by slipping the front (right) leg forwards into a walking stance simultaneously grabbing the head with both palms. Then pull the head down as you execute an upwards kick with the knee (Ollyo moorup chagi) to the solar plexus (Myong Chi). Kihap on the knee.

Number 4

Attacker: Step forward into a right walking stance high flat fingertip thrust. (Gunnan so nopunde opun sonkut tulgi).

Defender: Step back into a left walking stance performing an obverse rising block with the knifehand.

Attacker: Step forwards, performing a middle side piercing kick from the back leg, to the opponent's shoulder.

Defender: Step back into a left L-stance while performing a right inward outer forearm block to the side piercing kick, knocking the opponent round so that they now face away from you on a 45 degree angle. Counter by performing a low front snap kick from the back (left) leg to the base of the spine, the coccyx. Land in a right walking stance performing twin upset punch to the kidneys, (Gunnanso sang dwijibo jirugi). Kihap on this, and make sure your head is clear of being elbowed by the attacker.