

KIM'S TAE KWON DO CENTER, INC.

7th Gold Belt

One Step Self Defense:

1. Step with left foot to the left and slightly forward into (keemarsae) with circling low block with left hand and right ridge hand with left hand cross body block. **(Kihap)**
2. Sliding with both feet back and to the right into (fighting stance) with right foot crescent kick (out to in) and left back kick followed by right hand reverse punch. **(Kihap)**
3. Step with left to the left and slightly forward into (keemarsae) with right knife hand block then grasp wrist with right hand and step with left foot into (apseogi) with left spear hand rolling the elbow. **(Kihap)**
4. Step with left foot straight forward and to the right into (apseogi) with left hand palm heel to the face then pivot into (back stance) with right elbow strike. **(Kihap)**
5. Step with right foot straight back into (apkoobi) with cross block (right hand over left hand) and then grasping and turning forearm over, right foot front kick and right knife hand strike. **(Kihap)**
6. Sliding with both feet back and to the right into (fighting stance) with left foot front kick and right foot sidekick then left hand reverse punch. **(Kihap)**