

# KIM'S TAE KWON DO CENTER, INC.

## White Belt One Step Self-Defense:

1. Step with left foot to the left and slightly forward (keemarsae) followed by left hand inside block (open hand) and right hand reverse punch. **(Kihap)**
2. Step with left foot back and slightly to the left (fighting stance) followed by right foot side kick and right knife hand strike. **(Kihap)**
3. Step with right foot to the right and slightly forward (keemarsae) followed by double knife hand strike (left knife hand block, right knife hand strike - palm up). **(Kihap)**
4. Step with right foot back (apkoobi) with left hand rising block and then extending left hand to grasp wrist, followed by right foot front kick and right hand palm heel to the face. **(Kihap)**
5. Step with left foot straight back (fighting stance) followed by right foot round kick then right hand outside block (right hand block must remain up for guard) and left hand reverse punch . **(Kihap)**
6. Step with right foot to right (fighting stance) followed by left foot side kick and right hand reverse punch (left hand must remain up during punching motion). **(Kihap)**