

# KIM'S TAE KWON DO CENTER, INC.

## 8<sup>th</sup> Gold Belt

### Three Step Self Defense:

1. Step back with left foot into (apseogi) with right hand low block (open hand) and right hand inside block (open hand). Step back with right foot into (apseogi) with left hand low block (open hand) and left hand inside block (open hand). Step with left foot to the left into (keemarsae) with right hand low block (open hand) and right hand inside block (open hand) followed by left hand inside block (open hand) and right hand reverse punch. **(Kihap)**
2. Step back with left foot into (apseogi) with right hand low block (open hand) and right hand inside block (open hand). Step back with right foot into (apseogi) with left hand low block (open hand) and left hand inside block (open hand). Step back with left foot and to the left into (fighting stance) with right hand low block (open hand) and right hand inside block (open hand) followed by right foot side kick with right knife hand strike. **(Kihap)**
3. Step back with right foot into (apseogi) with left hand low block (open hand) and left hand inside block (open hand). Step back with left foot into (apseogi) with right hand low block (open hand) and right hand inside block (open hand). Step back with right foot into (apseogi) with left hand low block (open hand) and left hand inside block (open hand). 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 back with right foot into (apseogi) with left hand low block (open hand) and left hand inside block (open hand). Step back with left foot into (apseogi) with right hand low block (open hand) and right hand inside block (open hand). Step back with right foot into (apseogi) with left hand low block (open hand) and left hand inside block (open hand) followed by right hand outside block (right hand block must remain up for guard) and left hand palm heel to the face. **(Kihap)**
5. Step back with left foot into (apseogi) with right hand low block (open hand) and right hand inside block (open hand). Step back with right foot into (apseogi) with left hand low block (open hand) and left hand inside block (open hand). Step straight back with left foot into (fighting stance) with right hand low block (open hand) and right hand inside block (open hand) 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 back with right foot into (apseogi) with left hand low block (open hand) and left hand inside block (open hand). Step back with left foot into (apseogi) with right hand low block (open hand) and right hand inside block (open hand). Step with right foot to the right into (fighting stance) with left hand low block (open hand) and left hand inside block (open hand) followed by left foot side kick and right hand reverse punch (left hand must remain up during punching motion). **(Kihap)**