

Number 1

Attacker:

L stance reverse punch (*Niunja so bandae jirugi*)

Defender:

LLB L stance knife hand guarding block (*Niunja so kaunde sonkal daebi magki*)



Attacker:

Low front snap kick (landing walking ready stance) (*Najunde ap cha busigi*)

Defender:

Palm pressing block (step back at an angle) (*Gunnun so sonbadak noollo magki*)



Counter Attack:

Step in, right L stance right inward high knife hand strike (like Won-Hyo) (*Niunja so nopunde anuro sonkal taerigi*)



Notes for no. 1

1. A low front snap kick for the attack is aimed at the lower abdomen (i.e. belt level)
2. The angle for the palm pressing block is necessary as this block is designed to defend against attacks from that angle.
3. When stepping in to counter attack, move the rear leg first then the front leg.

Number 2

Attacker:

Walking stance front obverse downward knife hand strike (*Gunnun so ap naeryo baro sonkal taerigi*)

Defender:

LLB walking stance rising knife hand block (*Gunnun so kyocho sonkal chookyo magki*)



Attacker:

Middle side turning kick (landing L ready stance) (*Kaunde yop dollyo chagi (baldung)*)

Defender:

Sitting stance twin straight forearm checking block (*Annun so sang sun palmok momchau makgi*)



(Reverse view)



Counter Attack:

Slip left foot into walking stance, right high level elbow strike. (*Gunnun so nopun palkup taerigi*)



Notes for no. 2

1. A 'side turning kick' is simply a turning kick aimed (ironically) to the front. The term 'side' simply means that the body becomes side-facing as you kick. You must rotate the hips fully (just like a roundhouse kick for those of you that cross train in Kickboxing).
2. Bring the left finger belly to the right side-fist as you perform the high level elbow strike.



This new two-step sparring is designed to be challenging; it incorporates more varied techniques than before and will take some time to perfect. There are six set routines, three for green belt (6th Kup) and three for blue stripe (5th Kup). Only one of the previous two-step routines remains: number 3, which remains as number 3 to help to keep it simple.

There are many photos in this article to help to best explain the sequence of movements – it is important to refer to them. All attackers begin in L-stance forearm guarding block and all defenders begin in parallel ready stance. No measure is taken for distance as students should judge this by eye. The attacker kihaps (shouts) first to signal they are ready to attack and waits for the defender to kihap in response before they commence the attack.

Note that LLB means 'left leg back' and RLB means 'right leg back.'

Number 3

Attacker:

Low front snap kick (*Najunde ap cha busigi*)

Defender:

RLB walking stance, X-fist pressing block (*Gunnun so kyocha joomuk noollo makgi*)



Attacker:

Walking stance twin vertical punch (*Gunnun so sang sewo jirugi*)

Defender:

Walking stance wedging block (*Gunnun so bakat palmok hechyo makgi*)



Counter Attack:

Grab head, upward knee kick (then place left foot on the floor and step back into right L stance, forearm guarding block) (*Moorup ollyo chagi*)



Notes for no. 3

1. The attacker needs to remember to step forwards after the front snap kick.

Number 4

Attacker:

Middle back piercing kick (*Kaunde dwitcha jirugi*)

Defender:

RLB L stance downward outer forearm block (*Niunja so bakat palmok naeryo magki*)



Attacker:

Walking stance left inward knife hand high strike (*Gunnun so nopunde ap (anuro) baro sonkal taerigi*)

Defender:

Walking stance, high obverse knife hand block (*Gunnun so nopunde sonkal yop magki*)



Counter Attack:

Step right foot to the right, left middle turning kick to solar plexus (finish in L stance forearm guarding block) (*Kaunde dollyo chagi*)



Number 5

Attacker:

L stance knife hand outward strike (*Niunja so kaunde sonkal bakuro taerigi*)

Defender:

LLB L stance reverse knife hand block (*Niunja so kaunde dung sonkal yop magki*)

Attacker:

High reverse turning kick (*Nopunde bandae dollyo chagi*)

Defender:

Slide back (avoid the kick) into RLB guarding stance (*Dwiro omgyo didigio mikulgi*) *Niunja so kaunde palmok daebi magki*)

Counter Attack:

Jump into right X stance, right high back fist strike (as in Yul-Gok) (*Kyocha so nopunde dung joomuk yop taerigi*)



Number 6

Attacker:

Middle side kick (*Kaunde yopcha jirugi*)

Defender:

RLB L stance inward outer forearm block (*Niunja so kaunde bakat palmok anuro magki*)

Attacker:

Mid air knife hand strike (i.e. must spin in the air) (*Twio dolmyo sonkal taerigi*)

Defender:

Jump backwards, knife hand guarding block (performed in the air) (*Twio sonkal daebi magki*)

Counter Attack:

Right (high) reverse turning kick, finishing in L stance, guarding block. (*Nopunde bandae dollyo chagi*)



Notes for no. 6

1. The side kick should ideally be at shoulder height – but remember that correct technique is more important than a higher kick done wrong.
2. The jumping attack and jumping block are optional – if you have difficulty in jumping due to injury or other factors, simply spin on the ground when attacking and perform a double step if defending.