

2 Step Sparring

Number One

Attack: Right walking stance, right obverse middle punch.

Defence: Left walking stance, left inner forearm middle block.

Attack: Left front kick landing in left walking stance.

Defence: Right walking stance, low section X-fist pressing block (Kyocha Joomuk Noollo Makgi).

Counter: Maintaining a right walking stance, twin fist vertical punch (Sang Joomuk Sewo Jirugi) to cheek bones.

Finish: Pivot on left foot anti-clockwise shifting backwards into a right L-stance while performing an outer forearm guarding block.

Number Two:

Attack: Right fixed stance, right side middle punch.

Defence: Right L-stance, left palm heel middle block.

Attack: Left turning kick, landing in right L-stance.

Defence: Left L-stance, outer forearm low block.

Counter: Slide forwards into right L-stance, side-elbow strike (Yop Palkup Taerigi) to solar plexus.

Finish : Pivot on left foot anti-clockwise shifting backwards into a right L-stance while performing an outer forearm guarding block.

Number Three

Attack: Right front kick landing into right walking stance.

Defence: Right walking stance, low section pressing X-fist (Kyocha Joomuk Noollo Makgi) block.

Attack: Left walking stance, twin fist vertical punch (Sang Joomuk Sewo Jirugi).

Defence: Left walking stance, outer forearm wedging block (Bakat Palmok Hechyo Makgi).

Counter: Grab the back of the opponents head and pull the body down into a right upward kick with the knee (Murup Ollyo Chagi) to the solar plexus.

Finish: Place the right foot beside the left and slide the left foot back at 45 degree angle to form a left L-stance while performing an outer forearm guarding block.

Number Four

Attack: Right walking stance, high section right flat fingertip thrust (Sun Sonkut Tulgi).

Defence: Left walking stance, left knife-hand rising block (Sonkal Chookyo Makgi).

Attack: Left middle side kick.

Defence: Left L-stance, right palm heel middle block (Sonbadak Kaunde Makgi).

Counter: Left front snap kick to the base of the spine (coccyx) landing into left walking stance and twin fist upset punch (Sang Joomuk Dwijibo Jirugi) to the kidneys.

Finish: Place the left foot beside the right and slide the right foot back at 45 degree angle to form a right L-stance while performing an outer forearm guarding block.

Number Five

Attack: Right middle front snap kick landing into right walking stance.

Defence: Right walking stance, X-fist pressing block (Kyocha Joomuk Nollo Makgi).

Attack: Left walking stance, middle obverse punch.

Defence: Pivot on left foot to a 45 degree angle into a right L-stance and outer forearm guarding block.

Counter: Right turning kick to the solar plexus landing into a Left L-stance and right back fist high side strike (Dung Joomuk Nopunde Yop Taerigi) to the temple.

Finish : Pivot on left foot anti-clockwise shifting backwards into a right L-stance while performing an outer forearm guarding block.

Number Six

Attack: Right fixed stance, right side middle punch (Kaunde Yop Jirugi).

Defence: Right L-stance, left palm heel middle block (Sonbadak Kaunde Makgi).

Attack: Left foot to right foot, right high section reverse turning kick (Nopunde Bandae Dollyo Chagi).

Defence: Left L-stance, right outer forearm block high block.

Counter: Jumping up while performing a right knife-hand strike (Sonkal Taerigi) to the back of the neck.

Finish: After landing, skip back foot to foot into a left L-stance while performing an outer forearm guarding block.

Number Seven

Attack: Left L-stance, right knife-hand strike (Sonkal Taerigi).

Defence: Left L-stance, right knife-hand middle block (Sonkal Kaunde Makgi).

Attack: Left back side kick

Defence: Right L-stance, left knife-hand low block.

Counter: Jumping up while performing a left knife-hand strike to the back of the neck (Sonkal Taerigi).

Finish: After landing, skip back foot to foot into a right L-stance while performing an outer forearm guarding block.