

NAI HAN JI CHO DAN



내보진초단

(Inward Stepping One)

This is the eleventh form in the Tang Soo Do system, and the first of three Nai Han Ji. The name of the form translates as “inward stepping”. Another name for this form is “Knight on a Horse”. Although the exact origin of this form is unknown, the form may have had its roots in the Ha Buk region of Northern China during the Song Dynasty (960-1279 AD). The Founder of the form is believed to be Jang Kye. The form emphasizes straight line movement, the use of the hips, and angular attacks. The form contains 33 movements including choon bee. This is a Neh Ga Ru form, or “inside the house style”.

1. Shift the weight to the right leg, while extending both open hands downward to the sides of the body with the palms facing outward. Slowly, extend both arms upward and inward in a circular motion, while raising the left knee to waist level. Bring the open hands together in front of the chest, palms facing inward, with the left hand covering the right hand. The fingers should be pointing upward. Slowly, rotate the hands so that the fingers are pointing downward, and press both hands downward in front of the groin, while stepping down with the left foot next to the right foot. The palms of the hands should be facing inward.
2. Step with the left foot across the right foot into a tripod stance. The left foot should be flat and the right foot should be on the ball of the foot. At the same time, forcefully extend the hands downward, while looking to the right. The hands are in the same position as the previous move. Next, cross the arms, bringing the left fist to the right shoulder, and the right open hand to the left hip. Then step straight out to the right side with the right foot into a horse stance and quickly extend to right open hand out to the side at about shoulder level, executing a backhand strike. The left fist should be brought back to the side in a chambered position. The palm of the right hand should be facing forward.

3. Maintaining the same stance, twist the hips to the right, and bring the left forearm towards the extended right hand, executing a forearm strike at 45° to the front, striking the right open hand with the left forearm. Next, twist the body back to the left, sharply bringing both hands to the right side of the body, the right fist should be brought to the side in a chambered position, and the left fist and forearm should be across the front of the chest, parallel to the floor, palm down. Eyesight should be directed forward.
4. Maintain the same stance as the previous move. Leaving the right hand in the same position as before, look to the left, and execute a low block with the left hand to the side of the body. Then, execute a center punch with the right hand across the body, with the right arm in front of the chest, while bringing the left fist back into a chambered position.
5. Leave the hands in the same position, while twisting the body to the left and stepping across the left foot with the right foot into a tripod stance. Next, cross the arms bringing the left fist to the right shoulder, and the right fist to the left hip, while stepping out to the side with the left foot into a horse stance. Look to the front while executing a right inside-outside block. Bring the left fist back to the side. Then, execute a low punch to the front of the body with the left fist, while bringing the right fist to the left shoulder. Immediately, execute a left high side inside-outside block and simultaneously execute a side low block with the right hand. Then bring the right fist across in front of the chest and simultaneously execute a left outside-inside block in front of the body. The left elbow should be just above the right fist.
6. Leave the right hand in the previous position, and bring the left fist to the right shoulder, while twisting the body to the right, and raising the left knee. The left foot should be brought into a chambered position at the inside of the right calf. Twist the body back to the left and bring the left foot back down into a horse stance executing a left stomp kick. Simultaneously, execute an inside-outside hammerfist strike with the left hand at a 45 degree angle to the front. The left fist should be palm out, and the right hand should remain in the same position relative to the left hand during this movement. Next, leaving the hands in the same position, twist to the left, while raising the right knee into a chambered position. Twist to the right, and step down to the side with the right foot, executing a right stomp kick, while executing an outside-inside hammerfist strike with the left hand across the body at a 45 degree angle to the front. The left fist is facing palm in, and the right fist is kept underneath the left elbow.
7. Maintaining the same stance as before, bring both hands to the right side of the body. The right fist is brought to the right side in a chambered position, and the left fist is brought across the chest, palm down, parallel to the floor. Then, look to the left, while simultaneously executing a left hammerfist strike to the side of the body at shoulder level, palm down, and a right punch across the body, with the right arm in front of the chest. Kihap.

8. Maintain the same stance, while crossing the arms in front of the body. The left hand should be open, and brought across to the right hip, and the right fist should be brought to the left shoulder. Then, quickly extend left open hand out to the side at about shoulder level, executing a backhand strike, while bringing the right fist into a chambered position at the right side. Eyesight should still be to the left.
9. Maintaining the same stance, twist the hips to the left, and bring the right forearm towards the extended left hand, executing a forearm strike at 45 degree to the front, striking the left open hand with the right forearm. Next, twist the body back to the right, sharply bringing both hands to the left side of the body. The left fist should be brought to the left side in a chambered position, and the right fist and forearm should be across the front of the chest, parallel to the floor, palm down. Eyesight should be directed forward.
10. Maintain the same stance as the previous move. Leaving the left hand in the same position as before, look to the right, and execute a low block with the right hand to the side of the body. Then, execute a center punch with the left hand across the body, with the left arm in front of the chest, while bringing the right fist back into a chambered position.
11. Leave the hands in the same position, while twisting the body to the right and stepping across the right foot with the left foot into a tripod stance. Next, cross the arms bringing the right fist to the left shoulder, and the left fist to the right hip, while stepping out to the side with the right foot into a horse stance. Look to the front while executing a left inside-outside block. Bring the right fist back to the side. Then, execute a low punch to the front of the body with the right fist, while bringing the left fist to the right shoulder. Immediately, execute a right high side inside-outside block and simultaneously execute a side low block with the left hand. Then bring the left fist across in front of the chest and simultaneously execute a right outside-inside block in front of the body. The right elbow should be just above the left fist.
12. Leave the left hand in the previous position, and bring the right fist to the left shoulder, while twisting the body to the left, and raising the right knee. The right foot should be brought into a chambered position at the inside of the left calf. Twist the body back to the right and bring the right foot back down into a horse stance executing a right stomp kick. Simultaneously, execute an inside-outside hammerfist strike with the right hand at a 450 angle to the front. The right fist should be palm out, and the left hand should remain in the same position relative to the right hand during this movement. Next, leaving the hands in the same position, twist to the right, while raising the left knee into a chambered position. Twist to the left, and step down to the side with the left foot, executing a left stomp kick, while executing an outside-inside hammerfist strike with the right hand across the body at a 450 angle to the front. The right fist is facing palm in, and the left fist is kept underneath the right elbow.

13. Maintaining the same stance as before, bring both hands to the left side of the body. The left fist is brought to the left side in a chambered position, and the right fist is brought across the chest, palm down, parallel to the floor. Then, look to the right, while simultaneously executing a right hammerfist strike to the side of the body at shoulder level, palm down, and a left punch across the body, with the left arm in front of the chest. Kihap.

14. Look to the front while raising the right knee, and bringing both open hands back together in front of the chest, palms in, with the left hand covering the right hand, and the fingers pointing upward. Slowly, press both hands downward, in front of the groin area, turning the fingers downward, while stepping down placing the right foot next to the left foot.