

Ill Soo Sik Dae Ryun Chil-Ship Ee Bon

One Step Sparring 7-12

#7

1. Start with right leg back in a sparring stance. Outside to inside kick with right leg (defensive) w/out dropping, side kick with right foot.
2. Land forward with kicking leg and reverse punch (left hand) high.
3. Reach behind the neck and pull down to knee and knee strike left knee
4. Land back with left foot, and in a horse stance elbow strike with right elbow.

#8

1. Start with left leg back in a sparring stance. Outside to inside kick with left leg (defensive) w/out dropping, side kick with left foot.
2. Land forward with kicking leg and reverse punch (right hand) high.
3. Reach behind the neck and pull down to knee and knee strike right knee
4. Land back with right foot, and in a horse stance elbow strike with left elbow.

#9

1. Start with right leg back in a sparring stance. Front kick with the right foot, and land back. Then back kick with right foot and land forward.
2. Right hand open handed block in a horse stance.
3. Left hand reverse high punch and shift into a front stance.
4. Use the left hand to clear the attackers punch, and strike with right hand heel.

#10

1. Start with left leg back in a sparring stance. Front kick with the left foot, and land back. Then back kick with left foot and land forward.
2. Left hand open handed block in a horse stance.
3. Right hand reverse high punch and shift into a front stance.
4. Use the right hand to clear the attackers punch, and strike with left hand heel.

#11

1. Start with left leg back in a sparring stance. Left leg front kick, and replacement step into a right foot forward back stance
2. Right leg round house kick.
3. Left leg short wheel kick, and land back with the left in a sparring stance.
4. Pick up right foot and drive in the left hand reverse punch.

#12

1. Start with right leg back in a sparring stance. right leg front kick, and replacement step into a left foot forward back stance
2. Left leg round house kick.
3. Right leg short wheel kick, and land back with the right in a sparring stance.
4. Pick up left foot and drive in the right hand reverse punch