

Teen & Adult III Soo Sik Requirements

Special Instructions!

A. Each one step sparring consists of an attacker and a defender. The attacker assumes a low defense position stepping back with the right leg into a strong front stance. When the defender is prepared, he/she signals the attacker with a loud Ki Aup. The attacker then executes a walking high front punch in a front stance. The defender then executes the appropriate defense and counter attack as described below.

B. It should be noted that the defender begins each combination from Choon Bee - the ready stance position unless otherwise stated. For III Soo Sik #5 & above, both partners will finish the one-step sparring drill in a defensive position.

10th Gup to 9th Gup (White Belt to Yellow Belt)

Hand #1 & 2:

1. Pile your hands over your right hip then step 45 degrees inward with the right leg forming a horse stance. With the hands chambered at the right hip, simultaneously perform a left hand knife hand block to the attacker's wrist and a right hand punch to the face.

2. Pile your hands over your left hip then step as in number one. With your left hand punch to the solar plexus then pile both hands over right hip and execute hand technique number one.

Feet #1 & 2:

1. Starting from right foot back fighting stance. Execute a high right foot front kick, step out 45 degrees to the right in a horse stance and deliver a left hand middle punch then a right hand high punch.

2. Starting from right foot back fighting stance. Execute a high right foot turning side kick, step out 45 degrees to the right in a horse stance and deliver a left hand middle punch then a right hand high punch.