

Ill Soo Sik (One-Step Sparring) Requirements

5th Gup to 4th Gup (Green Belt w/ 1 red stripe to Green Belt w/ 2 red stripes)

Hand #11 & 12:

11. Cross your arms with your open left hand protecting the groin and your closed right hand on your left shoulder. Step back with your right foot into a back stance while doing a left hand inside out knife hand block. Reach forward and grab the attacker's shoulders while shifting the left foot forward into a front stance. Execute a right knee attack to the solar plexus while pulling down with both hands.

12. Execute the same as number eleven except grab the head on both sides and knee kick the face.

Feet #11 & 12:

11. Starting from a Choon Bee Jaseh. Cross your arms with the right hand protecting the groin and the left hand on the right shoulder then step 45 degrees to the left with the left foot into a front stance. Do a right hand inside out knife hand block to the wrist, then grab it. Pulling their arm, do a right leg side kick to the floating ribs.

12. Starting in a right foot back fighting stance. Block the punch with an outside in crescent kick right foot then without putting the foot down chamber and do a right side kick to the face.