

1ST GRADE SELF-DEFENSE TECHNIQUES

1. Attacker: Facing partner, attack with a right hand downward knife strike, landing in a right front stance.
Defender: Fighting stance, block the attacking arm with a left knife hand rising block, with the right hand grab the attacking arm at the wrist while turning your back to the attacker with the knife facing them. left leg steps through and back thrusting the knife to the groin area and kihap.
2. Attacker: Facing partner, attack with right hand straight forward thrust of the knife from the waist to the midsection of the body landing in a right front stance.
Defender: Fighting stance, left foot steps back at the same time execute a left knife hand low block to the attacking arm, with the right hand grab the attacker's arm just below the knife hand strike, approximately around the attacker's wrist. Swinging the arm counter clockwise, step through with the left foot, turning your back to the attacker, execute an elbow break over your right shoulder landing in a middle stance. Reach back with your right arm and execute a right inside forearm strike to the left side of attacker's neck (brachial plexus) while pulling the attacker's right arm execute a hip throw, punch to the body and kihap.
3. Attacker: Facing partner, attack with the outside to inside lateral knife strike landing in a right front stance.
Defender: Fighting stance, right foot steps forward into a left back stance at the same time execute a left knife hand block with a right reverse upset knife hand strike to the left of the neck. With the left hand, grab the attacker's right arm, still in a left back stance execute a right forward elbow strike to the left side of the attacker's neck, then right knife hand strike to the right side of the attacker's neck. Use a right inward forearm to apply an elbow break. Secure the attacker's wrist with an inner double thumb wristlock while stepping through with the right foot under the attacker's arm with your back to the attacker, thrusting the attacker forward. Then execute a right spinning heel kick to the head, right punch to the head and kihap.