



One Step Exercise No1

1. Two participants face each other in Charyot Sogi approximate 1 metre apart and bow on the command of Gyongre.
2. On the command of Junbi both sides will move their right legs back into Fighting Stance.
3. The participant on the left hand side of the Instructor will move the right leg forward into Ap Kubi with Momgtong Banae Jirgui once the defender has Gihaped.
4. The defending side will now move 45 degrees to the left into Horse Riding Stance whilst blocking with Momtong Makki with left arm followed by double body punch and a single face punch using left arm first. Now move the left leg back into Cat Stance whilst using left hand Knife Hand Body Block to attacker's right arm. The left blocking hand rolls over to grab the attacker's right wrist which is followed by turning right into Horse Riding Stance locking the attacker's right arm under the elbow. This is then followed with a right elbow strike to the attackers back with Gipap.
5. Both participants should then move back into their original Fighting Stance positions



One Step Exercise No2

1. Both participants should be as per the way they finish off the first exercise.
2. The participant on the left hand side of the Instructor will move the right leg forward into Ap Kubi with Mongtong Bandae Jirgui once the defender has Gihaped.
3. The defending side will then move the right leg to the right, then pivot on the right leg whilst moving the left leg across into Forward Stance. The defending side will then use right hand single Knife Hand Body Block ensuring that both the attackers and defenders arms form a right angle.
4. Then by sliding the feet change into forward stance with leg forward facing the attacker using double body punch and single face punch starting with right hand.
5. Slide back leaving the left foot forward in fighting stance followed by roundhouse kick to the face using the right leg.
6. The right leg is then returned to its starting position and used again to perform spinning heel kick to the head, once kick is completed change feet then the left leg is used to perform spinning heel to the head.
7. Both participants should then move back into their original Fighting Stance positions.
8. Both participants should prepare for Set No 3



One Step Exercise No 3

1. The participant on the left hand side of the Instructor will move the right leg forward into Ap Kubi with Mongtong Bandae Jirgui followed by Olgul Baro Jireuge once the defender has Gihaped.
2. The defending side will block the middle punch with Momtong Otgoreo Makki, the Face punch is then block with Olgul. Otgoreo Makki. The inner wrists are then rolled together whilst opening the hands. The left hand will finish on top of the right hand and move out like grabbing the attacker's right wrist and pulling back to the left hip. At the same time as the left hand is moving back to the hip the right hand is performing Olgul Baro Jirgui.
3. The body then turns approximately 360 degree's to the right whilst pivoting on the left foot, this movement finishes in Juchum Seogi with Yop Arae Makki using right arm. The defender then turns 90 degree's to the right into Apkubi using the left arm to perform Hansonnal Bakkat Chigi. The left hand is then turn 90 degree's so as the thumb is on the top whilst the left follows through with crescent kick hitting the left hand. The right leg is then moved into juchum seogi followed by palgup pyojeok chigi using right elbow to strike with. This is then followed by sliding the right foot forward into apkkoa seogi with deungjumeok Olgul ap chigi. Both participants should then move back into their original Fighting Stance positions.



One Step Exercise No 4

1. Both participants should be as per the way they finished off the third exercise.
The attacking side will now move forward with Ap Kubi and Momtong Bandoe Jirgui once the defending side Gihaps.
The defending side will now defend with Lower Block with the left arm whilst moving forward into Apkubi.
This is followed by Pyonsonkkeut Jecho Tzireugi and grabbing the groin with the right hand, the fist then strikes as if to strike the groin. The next movement is to slide back into Dwitkubi left foot forward whilst circling double Knife hand block in a clockwise direction finishing with sonnal Arae Makki
2. The defender then moves the right leg forward into Juchum Seogi and uses palkup Yop chigi to the head. The defender then grabs the attacker's right shoulder with their right hand as well as grabbing the attacker's right wrist with their left hand. This is followed by sweeping the attacker's right leg so as to force the attacker to the ground using the right leg. The defender then twists the attacker's right hand and punches the face with right hand.
3. Both participants should then move back into their original Fighting Stance positions.



One Step Exercise No 5

1. Both participants should be as per the way they finished off the forth exercise.
2. The attacking side will now move forward with Ap Kubi and Momtong Banae Jirgui, Olgul Baro Jireugi, Momtong Banae Jirgui and Olgul Baro Jireugi once the defending side Gihaps.
3. The defending side will block with Left Arm Arae Makki, Right Arm Olgul Makki, Right Arm Momtong Makki then Left Arm Olgul Makki.
4. Draw the right leg into Ap Seogi then pivot 180 degree's on the right leg to move into Juchum Seogi then block with Arae Makki using left arm.
5. Turn 180 degree's to the right into back stance whilst pivoting on the left leg using right hand Hansonnal Bakkat Makki. This is then followed by left elbow strike to the head whilst moving into forward stance, left back fist to face and right elbow to the mid section with hands coming together.
6. Both participants should then move their left legs back into Naranhi Seogi
7. The Instructor will now call both participants to Attention stance and order Gyongre.