

# **KORYO TAEKWONDO CENTRE**

## **3 STEP EXERCISE**

- 1. TWO PARTICIPANTS FACE EACH OTHER IN CHARYOT SEOGI STANDING APPROXIMATELY 1 METRE APART AND BOW TO EACH OTHER ON THE COMMAND OF GYONGRE.**
- 2. ON THE COMMAND OF JUNBI BOTH SIDES WILL ASSUME FIGHTING STANCE WITH GIHAP WHILST MOVING THE RIGHT LEGS BACK.**
- 3. THE PARTICIPANT ON THE LEFT HAND SIDE OF THE INSTRUCTOR WILL ATTACK FIRST WITH AP CHAGI TO THE BODY WHILST MOVING FORWARD INTO FIGHTING STANCE ONCE THE OTHER PARTICIPANT GIHAPS.**
- 4. THE DEFENDING SIDE WILL NOW DEFEND USING ARAE MAKKI WITH LEFT ARM FOLLOWED WITH OLGUL BARO JIREUGI USING RIGHT ARM, THEN MOVE LEFT LEG BACK INTO FIGHTING STANCE.**
- 5. THE ATTACKING SIDE WILL NOW ATTACK USING AP CHAGI USING LEFT LEG WHILST MOVING FORWARD INTO FIGHTING STANCE.**
- 6. THE DEFENDING SIDE WILL NOW DEFEND USING ARAE MAKKI WITH RIGHT ARM FOLLOWED WITH OLGUL BARO JIREUGI USING LEFT ARM, THEN MOVE RIGHT LEG BACK INTO FIGHTING STANCE.**

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- 7. THE ATTACKING SIDE WILL NOW ATTACK USING AP CHAGI USING RIGHT LEG WHILST MOVING FORWARD INTO FIGHTING STANCE.**
- 8. THE DEFENDING SIDE WILL NOW DEFEND USING ARAE MAKKI WITH LEFT ARM FOLLOWED WITH OLGUL BARO JIREUGI WITH GIHAP USING RIGHT ARM, THEN MOVE LEFT LEG BACK INTO FIGHTING STANCE.**
- 9. THE ATTACKING SIDE WILL NOW STEP BACK INTO FIGHTING STANCE BY MOVING THE RIGHT LEG.**
- 10. AT THE SAME TIME THAT THE ATTACKING SIDE MOVES BACK THE DEFENDING SIDE WILL MOVE THE LEFT LEG FORWARD INTO FIGHT STANCE.**
- 11. THE PROCESS WILL NOW BE REPEATED, WITH THE DEFENDING SIDE NOW PLAYING THE ATTACKER WHILST THE ATTACKING SIDE NOW PLAYS THE DEFENDER.**
- 12. ON COMPLETING THE FIRST SET OF MOVEMENTS WE BEGIN THE SECOND SET WHICH IS FOLLOWED BY THE THIRD AND FOURTH SET OF MOVEMENTS.**

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## **3 STEP EXERCISE**

**SECOND SET MOVEMENTS ARE AS FOLLOWS,**

**ATTACKER: DOLYO CHAGI TO THE FACE**

**DEFENDER: MOMTONG BAKGAT MAKGI WITH LEFT ARM TO  
BLOCK THE KICK, FOLLOWED BY OLGUL JIRUGI**

**THIRD SET MOVEMENTS ARE AS FOLLOWS,**

**ATTACKER: MOMTONG JIRUGI**

**DEFENDER: MOMTONG MAKGI WITH ARM TO BLOCK THE  
PUNCH, FOLLOWED BY OLGUL JIRUGI.**

**FOURTH SET MOVEMENTS ARE AS FOLLOWS,**

**ATTACKER: OLGUL JIRUGI.**

**DEFENDER: OLGUL MAKGI WITH LEFT ARM TO  
BLOCK THE PUNCH, FOLLOWED BY OLGUL  
JIRUGI.**

**ON COMPLETION OF THE FOURTH SET THE LAST ATTACKER  
WILL STEP FORWARD INTO NARANHI SEOGI, WHILE THE  
DEFENDING SIDE STEPS FORWARD INTO NARANHI SEOGI.  
BOTH SIDES WILL THEN ASSUME CHARIOT SEOGI AND BOW  
ON COMMAND.**

### **NOTE**

**ATTACKER IS NOT TO START THE FIRST ATTACK OF EACH SET  
UNTIL THE DEFENDING SIDE GIHAPS WHILST THE SECOND  
AND THIRD ATTACK IN EACH SET DOES NOT START UNTIL  
THE DEFENDER IS IN FIGHTING STANCE.**

**EVERY THIRD COUNTER PUNCH IS PERFORMED WITH  
GIHAPS.**

**ON COMPLETION OF ATTACKING AND DEFENDING  
MOVEMENTS, BOTH SIDES SHOULD BE IN FIGHTING STANCE.**