



FEET COMBINATIONS (ILL SOO SIK)

- 1) FRONT KICK, PUNCH, PUNCH
- 2) SIDE KICK, PUNCH, PUNCH
- 3) BACK KICK, REVERSE PUNCH
- 4) ROUNDHOUSE KICK, PUNCH, OPEN HAND STRIKE
- 5) SIDE KICK, SIDE SOO DO STRIKE
- 6) ROUNDHOUSE KICK, SIDE SOO DO STRIKE, REVERSE PUNCH
- 7) SIDE KICK, SIDE KICK
- 8) SOO DO BLOCK, ROUNDHOUSE KICK, BACK FIST, ELBOW
- 9) SOO DO BLOCK, HOOK KICK, BACK FIST, ELBOW
- 10) OUT-TO-IN CRESCENT KICK, WHEEL KICK
- 11) SOO DO BLOCK, SIDE KICK
- 12) OUT-TO-IN CRESCENT KICK, SIDE KICK
- 13) ROUNDHOUSE KICK, ROUNDHOUSE KICK
- 14) GRAB SHOULDER AND ARM, SIDE KICK KNEE
- 15) GRAB HAIR AND ARM, SIDE KICK KNEE

1) FRONT KICK, PUNCH, PUNCH

Step back into fighting stance with right leg back. Front kick face with right leg and come down in a horse ride stance facing attacker (45 degrees approx.). With your left hand punch the solar plexus. Your right hand punches their in choong.

2) SIDE KICK, PUNCH, PUNCH

Same as 1) but turning side kick with right leg instead of front kick.

3) BACK KICK, REVERSE PUNCH

Step back into fighting stance with left leg back. Turn toward your left side and step back bringing your feet together facing away from attacker. Back kick with your left leg. Come down in a front stance facing your attacker. Your left leg should be forward. Reverse punch their in choong with your right hand.

4) ROUNDHOUSE KICK, PUNCH, OPEN HAND STRIKE

Move your right leg back fighting stance. Roundhouse kick head with your right foot. Come down the same as in one and two into a horse ride stance. Punch the solar plexus with your left fist. Prepare and open hand strike temple with your right hand.

5) SIDE KICK, SIDE SOO DO STRIKE

From ready stance, step left and prepare (as in pyung ahn e dan) for side kick with your hands set to the left side and right leg up. Side kick the floating ribs. Come down in side stance with your leg behind the opponent's. Prepare and side soo do strike the neck.

6) ROUNDHOUSE KICK, SIDE SOO DO STRIKE, REVERSE PUNCH

From ready stance, step left and prepare (as in pyung ahn e dan) for side kick with your hands set to the left side and right leg up. Roundhouse kick the solar plexus. Come down in side stance with your leg behind the opponent's. Prepare and side soo do strike the neck. After the soo do strike, lift your right leg and move it over into a front stance in front of the attacker's legs. Reverse punch the floating rib with your left fist.

7) SIDE KICK, SIDE KICK

Step back into hu gul ja seh with right leg back. Do a turning side kick and a second side kick. First kick is to solar plexus and the second is to head. Return to hu gul ja seh.

8) SOO DO BLOCK, ROUNDHOUSE KICK, BACK FIST, ELBOW

Step back into hu gul ja seh with right leg back and in-to-out soo do block with left hand. Grab hand and roundhouse kick face. Back fist the temple (release arm), then turn and elbow the solar plexus. Do not move your legs just twist waist to stay in striking distance for elbow.

9) SOO DO BLOCK, HOOK KICK, BACK FIST, ELBOW

Step back into hu gul ja seh with left leg back and soo do block with right hand. Grab the hand and pull down. Then hook kick the head (release the arm). With your right fist back fist the temple then turn and elbow solar plexus with your left elbow. Do not move legs just twist waist to stay in striking distance for elbow.

10) OUT-TO-IN CRESCENT KICK, WHEEL KICK

Step back into hu gul ja seh with your left leg back. Crescent kick opponent's wrist with your left leg. Continue turning and wheel kick to head with your right leg. Return to hu gul ja seh.

11) SOO DO BLOCK, SIDE KICK

Step into front stance with left leg forward and soo do block with your right arm (step slightly to the side). Grab the arm and side kick the floating ribs with your right foot. You should pull the opponent toward you when kicking. Step back into hu gul ja seh.

12) OUT-TO-IN CRESCENT KICK, SIDE KICK

Step into fighting stance with right leg back. Out-to-in kick opponent's hand with your right foot. Without setting your foot down, set and side kick the solar plexus. Return to hu gul ja seh.

13) ROUNDHOUSE KICK, ROUNDHOUSE KICK

Step into fighting stance with your right leg back. Roundhouse kick the solar plexus with your right foot. With out setting your foot down, set and roundhouse kick the head. Return to hu gui ja seb.

14) GRAB SHOULDER AND ARM, SIDE KICK KNEE

Step to the left and grab the opponent's shoulder and arm. Prepare your right leg to side kick. Kick the back of your opponent's right knee. Return to hu gul ja seh with your right leg back.

15) GRAB HAIR AND ARM, SIDE KICK KNEE

Step to the left and grab the opponent's hair and ann. Prepare your right leg to side kick. Kick the back of your opponent's right knee while pulling down on the hair. Return to hu gul ja seh with your right leg back.