



## HAND COMBINATIONS (ILL SOO SIK)

- 1) SOO DO BLOCK/PUNCH (SAME TIME)
- 2) SOLARPLEX PUNCH, SOO DO BLOCK/PUNCH (SAME TIME)
- 3) SOO DO BLOCK, PUSH, ELBOW
- 4) SOO DO BLOCK, PUSH, ELBOW, ELBOW
- 5) SOO DO BLOCK, SIDE SOO DO STRIKE
- 6) SOO DO BLOCK, PUNCH SOLAR PLEXUS, PUNCH HIGH
- 7) SOO DO BLOCK/HAND STRIKE (SAME TIME)
- 8) SOO DO BLOCK, GRAB, ELBOW ACROSS
- 9) SOO DO BLOCK, PUSH, ELBOW, HAMMER GROIN, BACKFIST TEMPLE
- 10) SOO DO BLOCK, GRAB ELBOW, TWIST ARMS, SWEEP LEG
- 11) SOO DO BLOCK, GRAB SHOULDERS, KNEE SOLAR PLEXUS
- 12) SOO DO BLOCK, GRAB HEAD, KNEE HEAD
- 13) SOO DO STRIKE, SOO DO STRIKE
- 14) X BLOCK, PULL, SANG DAN KONG KYUCK
- 15) X BLOCK, PULL, SANG DAN KONG KYUCK

### 1) SOO DO BLOCK/PUNCH (SAME TIME)

Step out into horse ride stance to the right side facing your attacker at approximately 45 degrees. Set your hands to your right side. The left hand is in a fist with palm down with the arm across the front of your body. The right is in a fist with palm up above the waist. The left hand is above the right at a 90 degree angle (so not touch ends of fist together). In-to-out soo do block with your left hand and high punch (in choong) with right hand at same time.

### 2) SOLARPLEX PUNCH, SOO DO BLOCK/PUNCH (SAME TIME)

Step out into horse ride stance to the right side facing your attacker at approximately 45 degrees. First set hands on your left side (right hand on top). Punch solar plexus with left hand then set hands on right side and block/punch as in number 1).

### 3) SOO DO BLOCK, PUSH, ELBOW

Step back into fighting stance with your left leg back. At the same time soo do block (out-to-in) with your right hand. Next slightly push the opponents arm sideway, then draw back for elbow. Step into side stance (deep) and elbow to solar plexus. Make sure your palm is facing floor. Do not reinforce.

**4) SOO DO BLOCK, PUSH, ELBOW, ELBOW**

Step back into fighting stance with your left leg back. At the same time soo do block (out-to-in) with your right hand. Next slightly push the opponents arm sideways, then draw back for elbow. Step into side stance behind the attackers legs and elbow to solar plexus. Make sure your palm is facing floor. Do not reinforce. After first elbow twist your body and elbow with left arm. Make sure you do not move your feet.

**5) SOO DO BLOCK, PUSH DOWN, SIDE SOO DO STRIKE**

Step back into fighting stance with your left leg back. At the same time soo do block (out-to-in) with your right hand. Next push the opponents arm down. Prepare with your right hand open and palm being the side of your face. Your left hand should be protecting your solar plexus and ribs. Step into side stance and side soo do strike neck.

**6) SOO DO BLOCK, PUNCH SOLAR PLEXUS, PUNCH HIGH**

Prepare to soo do block (in-to-out) with right hand. Step to the left side into a horse ride stance (45 degrees to opponent) and in to out soo do block with your right hand. Punch floating rib with your left hand then temple or in choong with your right hand.

**7) SOO DO BLOCK/HAND STRIKE (SAME TIME)**

Step to right side into a horse ride stance and bring your bands to your right side similar to open hand high. Simultaneously soo do block with left band and open hand strike to temple with your right band.

**8) SOO DO BLOCK, GRAB, ELBOW**

Step back into fighting stance with your right leg back. In to out soo do block with your left hand. Grab the arm of your attacker. Step into side stance and side elbow with your right arm. Do not let go of your attacker. Pull the attacker into elbow.

**9) SOO DO BLOCK, PUSH, ELBOW, HAMMER GROIN, BACKFIST TEMPLE**

Step back into fighting stance with your left leg back. At the same time sea do block (out-to-in) with your right hand. Next slightly push the opponents arm sideways, then draw back for elbow. Step into side stance (deep) and elbow to solar plexus. Make sure your palm is facing floor. Do not reinforce. After elbow draw back right band near your head and back fist to groin. Next draw back low with left hand and protect face with your right then back fist the temple.

**10) SOO DO BLOCK, GRAB ELBOW, TWIST ARMS, SWEEP LEG**

Step back with left leg into fighting stance, in-to-out soo do block with your right hand. Grab attacker's wrist. Step with leg into side stance in front of the attackers legs. Grab the elbow from underneath. Twist his elbow up and the wrist toward their ribs. Sweep the right leg with your left leg while pushing their arm down

**11) SOO DO BLOCK, GRAB SHOULDERS, KNEE SOLAR PLEXUS**

Step back into hu gul ja seh with right leg back. Prepare as in pyung e dan for a middle soo do block with left hand. Block then reach out and grab the shoulders with both hands. Squeeze and pull forward while knee striking the solar plexus with your right knee.

**12) SOO DO BLOCK, GRAB HEAD, KNEE HEAD**

Step back into hu gul ja seh with right leg back. Prepare as in pyung e dan for a middle soo do block with left hand. Block then reach out and grab the head with both hands. Squeeze and pull forward while knee striking the head with your right knee.

**13) SOO DO STRIKE, SOO DO STRIKE**

Step back into fighting stance with your left leg back. At the same time soo do block (out-to-in) with your right hand. Next push the opponents arm down. Prepare with your right hand open and palm facing in the side of your face. Your left hand should be protecting your ribs and solar plexus. Step into side stance and side soo do strike neck. Twist your body as you prepare for a soo do strike with your left hand. Soo do strike.

**14) X BLOCK, PULL, SANG DAN KONG KYUCK**

This is used to counter a front kick. Prepare at your right side for ha dan sang soo mahk kee. Step back into front stance with your right leg back and block. Twist your hands to be able to grab your opponent's leg. Pull your opponent towards you. Let go of their leg and punch their in choong.

**15) X BLOCK, PULL, SANG DAN KONG KYUCK**

This is used to counter a side kick. Prepare at your right side for ha dan sang soo mahk kee. Step back into front stance with your right leg back and block. Twist your hands to be able to grab your opponent's leg. Pull your opponent towards you. Let go of their leg and punch their in choong.