

One-Step Self Defense

Below are the movements for one-step self defense. These are just basic descriptions to help jog the memory, so if you have not yet attempted one of these moves, refrain from doing so until an instructor explains the move in further detail in person. If you have any questions or concerns ask an instructor in the dojang before attempting the moves. We don't want anyone getting hurt or have anyone practicing the wrong kind of movements. Each step will begin with the opponent in front stance and will have the opponent delivering a middle punch unless indicated otherwise.

Number 1: Step back (right foot: walking stance), downward cross hand block, front kick, knife hand strike to the neck (both hands)

Number 2: Step back (right foot: walking stance), upward cross hand block, front kick, kidney punch (both hands)

Number 3: Step forward (right foot: front stance) out-to-in middle block (right hand), move left foot back towards opponent, elbow to solar plexus (left hand), back fist to the face (left hand).

Number 4: Step forward (left foot: side front stance) out-to-in middle block (left hand), step backwards (right foot), elbow strike to the spine (right hand), right hand under or above opponents arm, upward motion with right leg to hook and downward motion with right arm to take down, double punch to the face.

Number 5: Step forward (right foot: side front stance), out-to-in middle block (right hand), palm strike to the face (left hand), uppercut to the stomach (right hand) [Make sure to use hips with each hand movement]

Number 6: Side cat stance (right foot), block and grab arm (right hand) side kick, step behind hook kick

Number 7: Side cat stance (right foot), block and grab arm (right hand), step behind and bring arm (left foot) choke hold (left hand), pull back kick to the back of the knee (right foot), drop, knife hand strike [make sure to get out of the way when you drop your opponent]

Number 8: Step forward (left foot: side front stance) out-to-in middle block (left hand), double punch to side, right arm under armpit and against opponents chest, left leg sweeps behind opponents leg in an upward motion as the arm moves in a downwards motion for a take down, end with double punch to the face.

Number 9: Light out-to-in middle block (right hand) following with a solid in-to-out middle block (left hand) grabbing the wrist of the opponent, step forward (right foot: front stance), right hand wrap through on right side of opponents body, left foot steps behind as right foot sweeps the opponent's middle thigh in an upward motion and right hand moves downward for a takedown.

Number 10: Step back (right foot: walking stance), reverse 180 light jump and turn, front turning kick, back round hook kick

Number 11: In-to-out middle block (left hand), grab right below the elbow, pass under grab wrist with right hand, step forward 45 degrees (left foot), twist arm and pull forward and downward while sweeping up with foot.

Number 12: Side cat stance (right foot), block and grab the wrist (right hand), bring opponents hand through their legs, step back (right foot), kick (right foot) to the back of the knee and then pulling hand backwards and up for take down

Number 13: Side cat stance (right foot), block and grab (right hand) upper arm, while pulling the opponent's arm move behind opponent, jumping double kick to the spine, choke hold (left hand), kidney punch (right hand), take down

Number 14: Step back (right foot: reverse cat stance) out-to-in middle block (left hand), reverse spinning jumping crescent kick, back round hook kick

Number 15 (Arm Bar): Step forward (left foot: side front stance) in to out middle block (right hand), bring right hand to wrist and bring left hand directly above the elbow and apply pressure while bringing your

left foot in front of the opponents right inner thigh for leverage and locking the knee.

Number 16: Step back (right foot) low back round sweep hook kick

Number 17 (Scissor Kick): Step forward (left foot) out-to-in middle block (left hand) grab wrist, place right hand on ground for support, use right hand to push off from the ground towards the opponent as you scissor your legs in a great twisting motion (your left leg should catch them in the chest and right should be below the knee area)

Number 18: [Your opponent will be doing two punches: right hand, then left hand], use right hand to block both punches (out-to-in middle block, in-to-out middle block), grab the wrist of the last punch and step forward and under the arm with your left leg, twist the arm downward and sweep their left leg for takedown

Number 19: Step back (left foot: front stance) out-to-in middle knife hand block, reverse 180 turn (left foot forward: front stance) with knife hand strike (left hand to the neck), jumping switch feet with punch (right hand to solar plexus), right hand knife hand strike to the opponent's right side of neck, hook and hold behind the knee with left hand, apply downward pressure on neck and pull up and push sideward for take down

Number 20: [Your opponent will be doing two punches, right hand then left hand], use right hand to block both punches (out-to-in middle block, in-to-out middle block), grab the wrist of the last punch with right hand, step sideward parallel to the left (right foot) switching wrist to the left hand (releasing right hand), step under arm moving left foot backwards, twist the arm pulling backward and sweep their leg for takedown

Number 21: Step back (right foot: walking stance) front turning kick (left foot) followed by a reverse spinning jumping front turning kick and a back round hook kick