

Clingan Korean Karate Academy

&

Multinational Martial Arts

IL SOO SIK DAE RYUN – ONE-STEP SELF-DEFENSE

Outline:

The object of the ONE-STEP SELF-DEFENSE is to help the student with timing, and promote an attitude of engagement with their own self-defense. As with all martial arts techniques, these should be practiced until they are performed without thought. These techniques must also be learned and mastered from the opposite side as well; while the attacker is performing the left center punch attack.

Preparation:

As with all partner training, the students should come to attention, and bow in respect to each other. In the hand technique series, both students are facing each other in choom bee (ready) position. They should place themselves within punching range of each other by touching outstretched fists. One person shall be the **attacker**; the other shall be the **defender**. The **attacker** shall initiate all the hand techniques by stepping the right foot backward into a left front stance while executing a left hand low-defense and kihap (yell). The **attacker** will then wait for the defender to kihap to signal the start (after no more than 5 seconds).

Initiate Attack:

When the **defender** is ready, signaled by a kihap, the **attacker** will step forward into a right front stance, center punch, and will allow the defender to perform the defensive technique to completion.

1. When the opponent attacks, the defender shall move laterally right into a 45° horse stance while simultaneously executing a left hand soo do block to the incoming attack and a right-hand punch to the facial area of the attacker.

Note: A 45° horse stance is performed by moving the right foot forward and angle the body to the left.

2. When the opponent attacks, the defender will perform a quick left punch/block to the attacker's mid-section, and then perform the same technique as #1.
3. When the opponent attacks, the defender will move towards the attacker into a horse stance, while executing an outside-in soo do block to the incoming attack. Next, the defender will use the right arm elbow strike to the attacker's mid-section.

Note: The horse stance is performed by moving the right foot towards the attacker, and turning the body 90° to the left from choom bee.

4. When the opponent attacks, the defender will move towards the attacker into a horse stance, while executing an outside-in soo do block to the incoming attack. Next, the defender will use the right arm elbow strike to the attacker's mid-section, then, twisting to the left, strike to the attacker's mid-section with the left elbow.

Note: The left elbow strike is performed by pivoting only the upper body in a counter-clockwise direction, while remaining in the horse stance position.

5. When the opponent attacks, the defender will move towards the attacker into a horse stance, while executing an outside-in soo do block to the incoming attack. Next, the defender will execute a right in-out soo do chop to the base of the neck of the attacker.
6. When the opponent attacks, the defender shall move laterally left into a 45° horse stance while simultaneously executing a left hand out-in soo do block. Next the defender will execute a triple punch combination. The first two punches to the attacker's mid-section, the third to the facial area.

Note: A 45° horse stance is performed by moving the right foot forward and angle the body to the right.

7. When the opponent attacks, the defender shall move laterally right into a 45° horse stance (same as #1) while simultaneously executing a left hand soo do block to the incoming attack and a right-hand reverse soo do chop to the attacker's facial area.
8. When the opponent attacks, the defender shall move the right foot back into a left fighting stance while executing a left hand inside-out soo do block to the incoming attack. Next, the defender shall grasp the attacker's blocked punch with the same left hand, then with a counter-clockwise twist of the waist, the defender shall pull the attacker (with the left hand) while executing a right arm elbow strike to the attacker's facial area.
9. When the opponent attacks, the defender will move towards the attacker into a horse stance, while executing a outside-in soo do block to the incoming attack. Next, the defender shall execute a triple strike to the attacker using the right arm. The first strike is an elbow strike to the attacker's mid-section (same as #3). The second strike is a back fist to the facial area. The third strike is a hammer-strike to the groin area.

Note: the horse stance is the same as technique #3.

10. When the opponent attacks, the defender shall move the left foot back into a right fighting stance while executing a right hand inside-out soo do block to the incoming attack. Next, the defender shall step the left foot forward (to the inside of the attacker's foot) while grasping the attacker's punch with the same right hand, and using the left hand, execute a palm strike to the attacker's elbow. Next, the defender will execute a sweep take-down on the attacker, and then strike the attacker with a right punch.

Note: the take down is performed by a backward sweep to the forward leg of the attacker. The defender shall twist at the waist to swing the attacker down in the opposite direction of the sweep.

11. When the opponent attacks, the defender moves into a left fighting stance (right foot moves back) while executing a left-hand inside-outside block. Next, the defender will grasp the attacker's shoulders and will pull the attacker down while bringing the right knee up for a strike to the mid-section
12. Same technique as #11 with these exceptions:
 - Grasp the attackers head for a knee strike to the face.
13. When the opponent attacks, the defender will move towards the attacker into a horse stance, while executing an outside-in soo do block to the incoming attack (same as #3). Then, the defender will follow through with a back spin chop to the attackers head. The back chop is done with the left hand in a counter-clock wise motion.
14. When the opponent attacks, the defender shall move laterally left into a 45° horse stance (#6) while simultaneously executing a left hand out-in soo do block. Next the defender will grab the attacker's shoulder and execute a right leg side kick to the knee, to take-down. Then, placing right knee to attacker's chest to pin to ground execute left-hand punch to face.
15. When the opponent attacks, the defender shall move laterally left into a 45° horse stance (#6) while simultaneously executing a left hand out-in soo do block. Next the defender will grab the attacker's shoulder and strike the attacker's forward leg with the arch of the right foot, driving them to take-down. Maintain arm control for joint lock.
16. When the opponent attacks, the defender shall move laterally left into a 45° horse stance (#6) while simultaneously executing a left hand out-in soo do block. Then, execute a right-arm forward elbow strike to the attacker's ribs.
17. When the opponent attacks, the defender shall move laterally left into a 45° horse stance (#6) while simultaneously executing a left hand out-in soo do block, directing the attacker's arm away. Then, execute a right-arm forward elbow strike to the attacker's ribs followed by a rearward motion elbow strike to the same area.
18. When the opponent attacks, the defender shall move the right foot back into a left fighting stance while executing a left hand inside-out soo do block to the incoming attack. Next, the defender shall grasp the attacker's blocked punch with the same left hand execute a right-hand (reverse) fingertip attack to the attacker's eyes,

19. When the opponent attacks, the defender shall move the right foot back into a left fighting stance while executing a left hand inside-out soo do block to the incoming attack. Next, the defender step forward and place foot behind the attacker while executing a right-hand palm strike to the attacker's face for a take-down.
20. When the opponent attacks, the defender shall move the right foot back into a left fighting stance while executing a left hand inside-out soo do block to the incoming attack. Next, the defender shall step forward and place the foot behind the attacker, while executing a right-arm back elbow strike to the ribs. Then, the defender will execute a right-hand in-out ridge hand to collapse the attacker's arm, and pull the arm back to a backwards take-down. Finally, a right-hand reverse punch to the attacker's face.
21. When the opponent attacks, the defender shall move the left foot back into a right fighting stance while executing a right hand inside-out soo do block to the incoming attack. Next, the defender shall left step forward and grab the attacker's arm with both hands, and pull the arm back to a forwards take-down, using the attacker's momentum. Finally, execute a downwards right-arm back elbow strike to the attacker's neck or spine.
22. When the opponent attacks, the defender shall move laterally (45° to the left and forward from choom bee) into a left front stance (left foot moves) while executing a right hand soo do block to the incoming attack.

Next the defender shall move the right foot forward and shall place that foot behind the attacker while grasping the attacker's outstretched arm and executing a counter clockwise spin. (This will twist the opponent's arm into a locked position.)

Next, the defender will execute a left leg back kick to the knee of the attacker while executing a left hand back-fist to the attacker's head. (The right hand retains hold of the attacker's arm.)
23. When the opponent attacks, the defender shall move laterally (45° to the left and forward from choom bee) into a horse stance (the left foot moves) while executing a double arm trap on the incoming attack.

The double arm trap will be done as follows:

the right arm will swing upward trapping the attacker's punch in the crotch of the defender's arm. Simultaneously, the left arm will execute an outside-inside type motion striking the attacker's arm at the elbow (striking surface will be the forearm).

next the defender will move in a clockwise motion moving the right foot 180° to a position behind the attacker. This movement, along with the trapped arm, will result in a take down.

24. When the opponent attacks, the defender shall move forward into a horse stance (same as technique #3) while executing a left hand inside-outside soo do block to the incoming punch. Also, simultaneously, executing a right hand upper cut to the attackers chin.

Next, the defender will execute a left hand kwon soo strike to the groin area immediately followed by a right hand soo do chop to the base of the attacker's neck.

NOTE: When the kwon soo strike is executed, the arms cross in preparation for the soo do chop.

25. When the opponent attacks, the defender shall move forward into a horse stance (same as technique #3) while executing a two hand technique. The left hand shall do an inside-outside soo do block to the incoming attack while the right arm does a back elbow strike to the opponent's face.

Next the defender shall wrap his right arm around the attacker's neck while executing a right leg knee strike to the attacker's midsection.

26. When the opponent attacks, the defender shall move laterally (45° forward and to the right from the choom bee) into a right fighting stance (right foot moves) while executing a left hand inside-outside soo do chop to the incoming attack.

Next, the defender shall grab the opponent's outstretched arm (grabbing with the left hand) and will swin the opponent's arm down (counter clockwise) while stepping through (moving the left foot) to position the opponent's arm over the defender's left shoulder for an arm break.

Note: During the positioning process , the defender shall switch the grab from his left hand to the right hand.

Next, the defender shall execute a simultaneous elbow break over the left shoulder while executing a left arm back elbow strike .

27. When the opponent attacks, the defender shall move backward into a left fighting stance (right foot moves) while executing a left hand inside-outside soo do chop to the incoming attack.

Next, the defender shall execute a right hand outside-inside ridge hand strike to the face.

Next, the defender will grap the attacker by the neck (with the right hand) and will pull the attacker down while executing a right leg knee strike to the mid-section.

28. When the opponent attacks, the defender shall move back into a left fighting stance (right foot moves) while executing a left hand outside-inside soo do block.

Next, the defender will grab the attacker by the wrist and will execute a counter clockwise hapkido twist to apply pressure.

Next, the defender will move left foot back while grabbing with the right hand to force the attacker to the ground.

29. When the opponent attacks, the defender shall move laterally (45° to the left and forward) into a left front stance while executing a left hand high defence to the incoming attack.

Next, the defender shall execute a right hand fist strike to the attacker's groin.

Immediately after the groin strike, the defender will execute a right hand back fist to the back of the attacker's forward leg.

From the back fist the defender will hook the right hand under the attacker's forward leg.

The defender will then pull with the left hand while lifting with the right hand for a take down.

30. When the opponent attacks, the defender shall move backward into a left fighting stance while executing a left hand inside-outside soo do block to the incoming attack.

Next, the defender shall execute a right hand ridge hand strike to the attacker's neck.

Next, the defender shall slide the right hand around and behind the opponent's neck grasping the left hand. The defender shall then apply a squeezing pressure to the attacker's neck.

Note: As the defender executes the ridge hand (right hand), he shall simultaneously step forward to position the right leg behind the attacker to cause loss of balance.