

Hanbeon Kyorugi (One-Step Sparring)



#1 - move right foot into riding stance, left outside block • step forward into right walking stance, right punch to face



Ready Stance
(Junbee)



Riding Stance
(Jucheom seogi)
+
Left Outside Block
(Momtong bakkat makki)



Right Walking Stance
(Oreun apseogi)
+
Right Punch to Face
(Olgul bandaejireugi)
(kihap)

#2 - move left foot into riding stance, right outside block • step forward into right walking stance, left punch to body



Ready Stance
(Junbee)



Riding Stance
(Jucheom seogi)
+
Right Outside Block
(Momtong bakkat makki)



Right Walking Stance
(Oreun apseogi)
+
Left Reverse Punch to Body
(Momtong barojireugi)
(kihap)
side view

#3 - move right foot into riding stance, left outside block • step forward into right walking stance, right turning elbow to face



Ready Stance
(Junbee)



Riding Stance
(Jucheom seogi)
+
Left Outside Block
(Momtong bakkat makki)



Right Walking Stance
(Oreun apseogi)
+
Right Turning Elbow to Face
(Palkup dollyochigi)
(kihap)
side view

#4 - move left foot into riding stance, right outside block • step forward into right walking stance, left targeted elbow to body



Ready Stance
(Junbee)



Riding Stance
(Jucheom seogi)
+
Right Outside Block
(Momtong bakkat makki)



Right Walking Stance
(Oreun apseogi)
+
Left Targeted Elbow to Body
(Palkup pyojeokchigi)
(kihap)
side view

#5 - step back with left foot, into right walking stance, right inside block • step forward into right long stance, right back fist to face + left punch to body



Ready Stance
(Junbee)



Right Walking Stance
(Oreun apseogi)
+
Right Inside Block
(Momtong makki)



Right Long Stance
(Oreun apkubi)
+
Back Fist Strike to Face
(Deungjumeok olgul apchigi)
side view



Without Moving Feet
Left Reverse Punch to Body
(Momtong barojireugi)
(kihap)

Hanbeon Kyorugi (One-Step Sparring)



#6 - step back with right foot into left walking stance, left inside block • left foot snap kick, right foot side kick • upon landing, slide left foot back into right fighting stance



Ready Stance
(Junbee)



Left Walking Stance
(Wen apseogi)
+
Left Inside Block
(Momtong makki)



Left Snap Kick
(Wenbal apchagi)



Right Side Kick
(Oreunbal yupchagi)



Slide Back into
Right Fighting Stance
(Who-jin
Oreun kyorugiseogi
junbee)
(kihap)

#7 - step back with right foot, into left walking stance, 360° turning left down block • left foot snap kick, right foot roundhouse kick to face, land in riding stance, step right foot back into left fighting stance



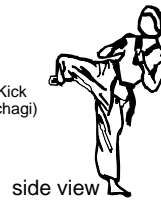
Ready Stance
(Junbee)



Left Walking Stance
(Wen apseogi)
+
Left Down Block
(Area makki)



Left Snap Kick
(Wenbal apchagi)



Right Roundhouse
Kick to Face
(Oreunbal olgul dollyochagi)
+
Land in Riding Stance
(Jucheom seogi)

side view



Step Back into
Left Fighting Stance
(Ilbo Who-jin
Wen kyorugiseogi
junbee)
(kihap)

#8 - step back with left foot, into right walking stance, 360° turning right down block • step 45° into horse stance, left punch to face • pivot to left long stance, right targeted elbow to body



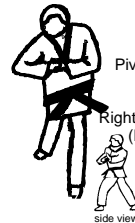
Ready Stance
(Junbee)



Right Walking Stance
(Oreun apseogi)
+
Right Down Block
(Area makki)



Step 45° into
Horse Stance
(Wen jucheomseogi)
+
Left Punch to Face
(Wen Olgul jireugi)



Pivot to Left Long Stance
(Wen Apkubi)
+
Right Targeted Elbow to Body
(Palkup pyojeokchigi)
(kihap)

side view

#9 - step back with right foot into left tiger stance, right palm inside block • left foot snap kick, land in left long stance, right knife hand strike to neck • grab ears with both hands, pull head to right knee strike



Ready Stance
(Junbee)



Left Tiger Stance
(Wen beomseogi)
+
Right Inside Palm Block
(Oreun batangson
momtong anmakki)

side view



Left Snap Kick
(Wenbal apchagi)



Left Long Stance
(Wen Apkubi)
+
Right Knife Strike
to Neck
(Sonnal mokchigi)



Upward Right Knee Strike
to Face
(Oreun mureupchigi)
(kihap)

side view

#10 - step back with left foot, into right tiger stance, left palm inside block • right knifehand outside block (grab wrist with right hand) • right foot snap kick • step left foot forward into horse stance, left back forearm strike to elbow



Ready Stance
(Junbee)



Right Tiger Stance
(Oreun beomseogi)
+
Left Inside Palm Block
(Wen batangson
momtong anmakki)

side view



Right Knifehand
Outside Block
(HanSonnal bakkat makki)
+
Grab wrist with right hand



Right Snap Kick
(Oreunbal apchagi)



Step into Horse Stance
(Wen jucheomseogi)
+
Left back Forearm Strike
(Wen deung pahlmokchigi)
(kihap)