White Belt One Step Self Defense

Opponents face each other in Junbee position (Ready Stance), about one pace or three feet apart.

1 **Attacker:** Step back with the right leg to front stance, low block left hand. Kihap (this indicates the attacker is ready to attack).

**Defender:** Kihap (this indicates the defender is ready to defend).

**Attacker:** Step forward with the right foot to a front stance, low section punch with the right hand.

**Defender:** Step back with the right foot to a front stance, block the attacker's punch with a left hand low block, then counter with a right hand low section reverse punch with kihap.

2 Same as the previous, but attack with a high section punch. Defender blocks with a high block and counters with a high section punch (kihap).

3 Same as the previous, but attack with a middle section punch. Defender blocks with an outside block and counters with a middle section punch (kihap).

4 Same as the previous, attack with a middle section punch again, but defend with an inside block, then counter with a middle section punch (kihap).
High White Belt Two Step Self Defense

As for white belt self defense, opponents face each other in Junbee position (Ready Stance), about one pace or three feet apart.

1  **Attacker:** Step back with the right leg to front stance, low block left hand. Kihap (this indicates the attacker is ready to attack).
   **Defender:** Kihap (this indicates the defender is ready to defend).
   **Attacker:** Step forward with the right foot to a front stance, low section punch with the right hand.
   **Defender:** Step back with the right foot to a front stance, block the attacker’s punch with a left hand *low block*.
   **Attacker:** Step forward with the left foot to a front stance, attack with low section punch with the left hand with kihap.
   **Defender:** Step back with the left foot to a front stance, block the attacker’s punch with a right hand *low block*, then counter with a left hand low section reverse punch followed by a right hand low section punch with kihap.

2  Same as the previous, but attack with high section punches, defend with *high blocks* and counter with high section punches (kihap on last punch).

3  Same as the previous, but attack with middle section punches, defend with *outside blocks* and counter with middle section punches (kihap on last punch).

4  Same as the previous, attack with middle section punches again, but defend with *inside blocks* and counter with middle section punches (kihap on last punch).
Yellow Belt Self Defense

Opponents face together in sparring stance, left foot forward. Attacker kihap, indicating readiness to attack. Defender kihap, indicating readiness to defend.

1. Opponents stand about one pace (punching distance) apart.
   **Attacker:** Attack with a high section front hand jab.
   **Defender:** Defend with a front hand *outside block*, then counter with a high section reverse punch (kihap).

2. Same as above, but defend with front hand *inside block*.

3. Opponents stand about two paces (kicking distance) apart.
   **Attacker:** Step forward with the right foot, right hand punch.
   **Defender:** Stop the attacker with a rear leg *front* kick (kihap).

4. Same as above, but defender stop the attacker with a rear leg *side* kick.

5. Same as above, but defender stop the attacker with a rear leg *roundhouse* kick.
High Yellow Belt Self Defense

Opponents face together in sparring stance, left foot forward. Attacker kihap, indicating readiness to attack. Defender kihap, indicating readiness to defend.

1  (One pace apart.)
   **Attacker:** High section front hand jab.
   **Defender:** Step with right foot diagonally back to the right into back stance while simultaneously blocking with left knife hand outside block. Grab attacker’s right wrist with left hand, counter with reverse punch to the ribs, then high section reverse punch (kihap).

2  (One pace apart.)
   **Attacker:** High section front hand jab.
   **Defender:** Front hand inside block.
   **Attacker:** High section reverse punch.
   **Defender:** Front hand outside block, counter with reverse punch (kihap).

3  (One pace apart.)
   **Attacker:** Step forward right foot, right hand high section punch.
   **Defender:** Step back with the left leg to back stance, while blocking with right knife hand inside block. Grab attacker’s wrist with left hand, execute right knife hand strike (from inside to outside) to attacker’s neck while sliding left foot up to right foot and turning the body to face front (kihap).

4  (Two paces apart.)
   **Attacker:** Step forward with the right leg, middle punch right hand.
   **Defender:** Block the punch with a rear leg crescent kick, then counter with side kick with the same leg, without putting the right foot down after the crescent kick (kihap).

5  (Two paces apart.)
   **Attacker:** Step forward with the right leg, middle punch right hand.
   **Defender:** Turn and rear leg back kick (kihap).
Green Belt Self Defense

Opponents face together in sparring stance, left foot forward. Attacker kihap, indicating readiness to attack. Defender kihap, indicating readiness to defend.

Each attack is the following.

**Attacker:** Step forward with rear leg, punch with same hand.

1. **Defender:** Step to the right side with the right foot, left leg side kick, step down and right hand high section reverse punch (kihap).

2. **Defender:** Step to the left side with the left foot, right leg roundhouse kick, step down and left hand high section reverse punch (kihap).

3. **Defender:** Beat the punch with a *front leg* hook kick (kihap).

4. **Defender:** Beat the punch with a *rear leg* hook kick (kihap).

5. **Defender:** Beat the punch with a *jumping front leg side kick* (kihap).
High Green Belt Self Defense

Opponents face together in sparring stance, left foot forward. Attacker kihap, indicating readiness to attack. Defender kihap, indicating readiness to defend.

1 (About one pace apart.)
Attacker: High section front hand jab.
Defender: Front hand inside block, then same hand back fist to face, then other hand high section reverse punch (kihap).

2 Attacker: Step forward with the rear foot and punch with the same hand.
Defender: Step to the right side with the right foot, side kick, step down. Bring right leg past opponent’s right leg, grab attacker’s right shoulder with right hand, then use right leg to sweep opponent’s right leg backwards take down (kihap).

3 Attacker: Step forward with the rear foot and punch with the same hand.
Defender: Step to the left side with the left foot, roundhouse kick right leg, step down. Bring left leg past opponent’s right foot, grab attacker’s right shoulder with left hand, then use left leg to sweep opponent’s right foot for face forward take down (kihap).

4 Attacker: Step forward with the rear foot and punch with the same hand.
Defender: Block the punch with right leg crescent kick, counter with right leg side kick (without putting foot down after crescent kick), step down and left leg back kick (kihap). With practice, the final back kick should be a quick spin in the air, beginning before the right leg has stepped down from the side kick.

5 Attacker: Step forward with the rear foot and punch with the same hand.
Defender: Beat the punch with a right leg spinning hook kick (kihap).
Blue Belt Self Defense

Opponents face together in sparring stance, left foot forward. Attacker kihap, indicating readiness to attack. Defender kihap, indicating readiness to defend.

1. **Attacker:** Step forward, right hand high section punch.  
**Defender:** Step forward left foot into front stance, block the punch with left knife hand outside block, simultaneously execute right hand palm strike to the face (kihap).

2. **Attacker:** Same as the previous.  
**Defender:** Step forward left foot into front stance, block the punch with left hand knife hand high block, simultaneously execute right hand knife hand strike (palm up) to the neck, with kihap. Note this technique is also called swallow form knife hand strike, as in Poomse Tae Geuk Sa Jang.

3. **Attacker:** Same as previous.  
**Defender:** Step forward with right foot into side stance, block the punch with right hand inside knife hand block. Turning counterclockwise, step with the left foot into side stance, counterattack with left elbow strike to the solar plexus (kihap). For the elbow strike, support the left fist with the right palm.

4. **Attacker:** Right leg front kick to solar plexus level.  
**Defender:** Step out quickly with the right foot, diagonally forward to the right. Simultaneously, trap attacker’s kicking foot under the left arm pit. At the same moment, counterattack with right hand punch to the solar plexus (kihap).

5. **Attacker:** Same as 1–3.  
**Defender:** Step back with the left foot into narrow side stance while blocking the punch with right knife hand outside block. Grab attacker’s wrist, rotate attacker’s right arm forwards and downwards while executing right leg roundhouse kick to the midsection. Then execute right leg axe kick with a kihap (continue to hold attacker’s wrist for the both kicks).
High Blue Belt Self Defense
Opponents face together in sparring stance, left foot forward. Attacker kihap, indicating readiness to attack. Defender kihap, indicating readiness to defend.

1  **Attacker:** Step forward, right hand high section punch.
**Defender:** Step diagonally forward with the left foot into diagonal horseback stance, block the punch with left hand palm block to the elbow. Right then left punch to midsction. Grab attacker’s right shoulder with right hand, execute right leg side kick to the back of attacker’s right leg, taking the attacker down. Continue to hold attacker’s shoulder, execute left hand punch to the face (kihap).

2  **Attacker:** Same as the previous.
**Defender:** Step right foot forward while blocking the punch with left knife hand outside block. At the same time, execute right hand knife hand strike to the neck (palm upwards). Grab attacker’s wrist with left hand, place right hand behind attacker’s neck. Turn body counterclockwise stepping with the left foot continuing to move forward in the same line you have begun. While moving this way, pull attacker’s right arm downwards and push attacker’s head forwards and downwards with right hand behind attacker’s neck to take attacker down. Kihap.

3  **Attacker:** Same as previous.
**Defender:** Step forward with right foot into side stance, block the punch with right hand inside knife hand block. Turning counterclockwise, step with the left foot into side stance, counterattack with left elbow strike to the solar plexus (for the elbow strike, support the left fist with the right palm). Sit slightly back onto attacker’s right leg, reach down with two hands to grasp attacker’s right ankle, then pull up, taking attacker down. Twist attacker’s foot outwards (breaking the ankle in a real application). Finish with left foot back stomp kick to attacker’s groin (kihap).

4  **Attacker:** Right leg front kick to solar plexus level.
**Defender:** Step out quickly with the right foot, diagonally forward to the right. Simultaneously, trap attacker’s kicking foot under the left arm pit. At the same moment, grab attacker’s shirt at the solar plexus with right hand. Sweep attacker’s left leg from behind with right foot, taking attacker down. Continuing to hold attacker’s right leg, execute right punch to the face (kihap).

5  **Attacker:** Same as 1–3.
**Defender:** Step back with the left foot into narrow side stance while blocking the punch with right knife hand outside block. Grab attacker’s wrist, rotate attacker’s right arm forwards and downwards while executing right leg roundhouse kick to the midsection. Then execute right leg axe kick (continue to hold attacker’s wrist for the both kicks). Release attacker’s wrist, then spin clockwise, drop to the floor onto left hip while sweeping attacker’s legs with right leg sweep, taking attacker down. Bend at the waist to the left, put two hands on the floor and pop up with both feet into sparring stance, right foot forward. Finish with right leg hop step side stomping kick to attacker’s head (kihap).
Red Belt Self Defense

Opponents face together in sparring stance, left foot forward. Attacker and defender omit the kihap indicating readiness to attack and defend: this encourages a higher degree of awareness and readiness than for lower belt ranks.

1 **Attacker:** Step forward, grab defender’s left wrist with right hand.

**Defender:** Step left foot forward into horseback stance inside of attacker’s front leg; while stepping forward, pull back open left hand sharply to left shoulder to break attacker’s grip. Strike left elbow to solar plexus (supporting the left fist with right palm), strike left back fist to face, strike left open palm to groin. Execute jumping left leg back kick to middle section (kihap).

2 **Attacker:** (same as previous)

**Defender:** Palm block downwards with right hand to break attacker’s grip, pull left hand sharply back to right shoulder. Shift slightly forwards with small steps (first left foot then left) into walking stance while executing left knife hand strike to the neck (kihap); right fist returns to ready position during the strike.

3 **Attacker:** Step forward, middle section punch.

**Defender:** Step left foot back into front stance while executing closed fist X-block (left hand above, right hand below). Control attacker’s hand with right hand wrist lock, placing left hand to attacker’s shoulder while shifting front stance to diagonal right facing direction. Bring left leg forwards, sweep left leg to the rear taking the attacker down; maintain control of attacker’s right arm during the take down. Apply joint lock to attacker’s wrist pointing attacker’s fingers to attacker’s head. Switch feet to left foot forward front stance, front kick to head (kihap).

4 **Attacker:** Step forward, high section punch.

**Defender:** Step left foot diagonally out to the left into front stance while executing right knife hand outside block (as in Taegeuk Yuk Jang Poomse). Grab attacker’s wrist with right hand, shift in place to right foot forward front stance while executing left elbow strike to the back of the head. Reach in front of attacker with left hand, push back on the face applying arm bar lock at the elbow (raising attacker’s center of gravity). Kick attacker’s front leg out from behind with left leg, switch grip on attacker’s left wrist to defender’s left hand as attacker falls. Maintain wrist control with left hand and turn with attacker as attacker falls. Right hand punch to the head, right knee down (kihap).

5 **Attacker:** Step forward, middle section punch.

**Defender:** Block the punch with right foot crescent kick, step forwards. Execute left leg spinning hook kick (kihap).
High Red Belt Self Defense
Opponents face together in sparring stance, left foot forward. As for Red Belt self defense, no kihap is given to indicate readiness to attack or defend.

1 **Attacker:** Step forward, middle section punch.
   **Defender:** Block the punch with right foot crescent kick, counter with middle section right leg side kick (do not put the foot down between the two kicks). Land forwards into right leg front stance while executing left elbow strike to the head, then shift to horseback stance while executing right elbow strike to the head (kihap).

2 **Attacker:** Step forward, bear hug attack.
   **Defender:** Stop the attack with double outside block shifting to front stance. Grab back of attacker’s head with both hands, pull head forwards and down while executing right knee strike. Step down with the right foot sideways to the right and take the attacker down to defender’s right side by twisting the head. Small step in left, right stomp kick to the head (kihap).

3 **Attacker:** Step forward, middle section punch.
   **Defender:** Step out diagonally forwards with the left into front stance while executing right knife hand outside block (as in Taeguk Yuk Jang Poomse). Grab attacker’s belt at the left hip with left hand. Step across attacker’s front leg into deep horse stance. Take down attacker over defender’s left hip, lifting with the left hand. Small step in left, right stomp kick to the head (kihap).

4 **Attacker:** Step forward, high section punch.
   **Defender:** Step slightly forward with the left foot while executing high knife hand X-block (left hand under, right hand over) shifting into front stance. Sweep attacker’s arm out and downwards with the left hand, switch grip to right hand at the bottom of the arc. Step inside attacker’s front leg with the left, bring attacker’s wrist over defender’s head with the right hand, turning 180 degrees. Step deeply back with the right leg, pulling attacker’s arm sharply down for a flip take down (kihap).

5 **Attacker:** Step forward, high section punch.
   **Defender:** Draw left foot back one half step, step forwards with the right executing right knife hand inside block. Grab attacker’s wrist with the left hand, execute right elbow strike (straight in) to the face. Step back right turning 180 degrees, grab attacker’s wrist with the right hand, step left foot out into horseback stance while executing left elbow strike to the solar plexus. Step left foot away from attacker and grab attacker’s wrist again with the left hand. Sweep attacker’s front leg backwards with the right leg, maintain control of the wrist as attacker falls. Right hand punch to the head, down on right knee (kihap).