

1. Turn 90 degree left, moving left foot into long stance facing toward back room, execute left arm low block
  2. Step forward with right foot into a long stance and execute a punch with right fist to high section.
  3. Turn 180 degrees with right foot into a long stance facing back room; execute a right arm low block.
  4. Step forward with left foot into a long stance and punch with left fist to high section.
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5. Step forward with right foot *Up Mountain* into a long stance and execute a left arm low block.

6 Step forward Right foot into a long stance and execute a right arm high block.

7. Step forward with left foot into a long stance and punch with left fist to middle section

8. Step forward Right foot into a long stance and execute a punch with right fist to high section.

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9. Turn 270 degrees towards *exit* into a long stance w/ left foot execute left arm low block.

10 Step forward with left foot into a long stance and punch with left fist to middle section.

11. Turn 180 degrees towards *back room* long stance with right foot execute right arm low block.

12. Step forward with right foot into a long stance and execute a punch with right fist to middle section.

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13 Turn 90 degrees left foot long stance *down mountain* execute left arm low block.

14 Step forward with right foot into a long stance and execute a punch with right fist to middle section.

15 Step forward with left foot into a long stance and punch with left fist to middle section.

16 Step forward with right foot into a long stance and execute a punch with right fist to middle section.

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17. Turn 270 towards Back Room left foot long stance execute let arm low block.

18. Step forward with right foot into a long stance and execute a punch with right fist to middle section.

19. Turn 180 degrees with right foot into a long stance facing back room; execute a right arm low block.

20. Step forward with left foot into a long stance and punch with left fist to middle section.

### **One Step**

Opponent steps back in Ready Position

When you Kiup opponent steps forward with right foot and punches with right hand.

1. Step forward with right foot into a horse stance either facing exit wall or back room  
     Chop with Right hand to opponent's neck  
     Block opponents right arm to his outside with your left hand
2. Grab opponents arm with your left hand slide downward towards wrist as you take your right hand and ridge hand to opponents neck rt side ending in a walking stance.

### **Hapkido**

Opponent grabs your right hand with both of his hands.

1. Step in with right foot to the center of his feet, At the same time thrust your right hand downward grabbing fingers with your left hand pull straight up through opening. Keep your eyes on your opponents, Do not pull arm back
- 1B. Swing arm back and to opponents right temple with a backfist Kiup.

### **Sparring Techniques**

#### **Combo 4**

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|------------------------|-------|
| 1. Middle Block        | Left  |
| 2. Reverse Punch       | Right |
| 3. Punch               | Left  |
| 4. Rear leg Front Kick | Right |
| 5. Rear leg Rounq kick | Left  |

#### **Combo 5**

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|-----------------------|-------|
| 1. Guard Stance       |       |
| 2. Sliding Side Kick  | Left  |
| 3. Back Fist          | Left  |
| 4. Reverse Punch      | Right |
| 5. Double Round house | Right |

#### **combo 6**

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|---------------------------------|-------|
| 1. High Block                   | Left  |
| 2. Reverse Punch                | Right |
| 3. Punch                        | Left  |
| 4. Back leg Front kick Return   | Right |
| 5. Rear leg Round house Advance | Right |