

TWIN RIVERS TAEKWONDO

ONE STEP SPARRING (IL BO DAE-RYON)
(Left leg forward guarding block) (Punch and hold)

1D Black Belts

1. * Left knife-hand block
* Punch or knife-hand strike to right bicep
2. * Left knife-hand block
* Punch or knife-hand strike to right bicep
* Strike to neck with knife-hand (brachial plexus nerves)
3. * Simultaneously strike forearm and bicep with knife-hands
* Grab left forearm and pull while striking with right knife-hand to the brachial plexus nerves
4. * Left knife-hand block
* Step forward and strike with right elbow to face
* Strike back with same elbow to head
5. * Same as #4 but place hands on back of neck and strike right knee to solar plexus

** Tips from the instructor:*

1. Punch quickly for your partner
2. Block quickly and counter with precision
3. Be respectful to your partner

