

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

**5R & 5D GREEN BELTS (One or Two Blue Stripes)**

- 21. \* Left knife-hand block
  - \* Right palm heel to the face
  - \* Left palm to the face...Ki-Hahp.
- 22. \* Left knife-hand block
  - \* Right knuckle strike to Adam's apple or neck...Ki-Hahp.
- 23. \* Left knife-hand block
  - \* Left hand back fist to temple
  - \* Right palm heel to the face...Ki-Hahp.
- 24. \* Same as #23, but jump back and Right leg spin side kick...Ki-Hahp.
- 25. \* Same as #24, but add a Left leg spin side kick...Ki-Hahp. (Note: #24 & 25 can be jump spins)

