

TWIN RIVERS TAEKWONDO

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

2R & 2D BROWN BELTS

- 36. * Step 45 degrees to the left, Left knife-hand block as you are stepping
 - * Right leg round kick to mid-section or head
 - * Jump Left leg round kick to mid-section or head...Ki-Hahp.
- 37. * Same as #36, but add a Left knife-hand strike to neck...Ki-Hahp.
- 38. * Same as #37, but add a Right reverse knife-hand strike to neck...Ki-Hahp.
- 39. * Left knife-hand block
 - * Right leg spin crescent kick...Ki-Hahp.
- 40. * Same as #39, but add a Left knife-hand strike to neck...Ki-Hahp.

Note: Know your distance and make sure your knife-hand strikes get to the neck!

