

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

7R & 7D ORANGE BELTS (One or Two Green Stripes)

11. * Left knife hand block
 - * Right leg shin kick to partner's thigh
 - * Left palm heel to face
 - * Hop straight back
 - * Left leg side kick to mid-section...Ki-Hahp.
12. * Left knife hand block
 - * Right reverse elbow to face...Ki-Hahp.
13. * Left knife hand block
 - * Right leg outside crescent kick to head
 - * Left leg round kick to body or face...Ki-Hahp.
14. * Left knife hand block
 - * Hop straight back
 - * Right leg side kick to mid-section...Ki-Hahp.
15. * Same as #14, but add a Right knife hand strike to neck...Ki-Hahp.