

<p>ONE STEP SPARRING (IL BO DAE-RYON) (Left leg forward guarding block) (Punch and hold)</p>
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1R BROWN BELTS (One Black Stripe)

- 41. * Left knife-hand block
 - * Right palm heel to the face
 - * Left palm to the face
 - * Hop back and Right leg spin hook...Ki-Hahp.

- 42. * Left knife-hand block
 - * Right knuckle strike to Adam's apple or neck
 - * Hop back and Right leg jump spin hook...Ki-Hahp.

- 43. * Left knife-hand block
 - * Left hand back fist to the temple
 - * Right palm heel to the face
 - * Hop back and switch feet
 - * Left leg spin hook...Ki-Hahp

- 44. * Same as #43, but add a Right leg spin hook kick...Ki-Hahp.

- 45. * Same as #44, but both hook kicks are jump spin hook kicks...Ki-Hahp.