

<p>ONE STEP SPARRING (IL BO DAE-RYON) (Left leg forward guarding block) (Punch with jabs only)</p>
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**3R & 3D BLUE BELTS (One or Two Brown Stripes)**

- 31. \* Left knife-hand block  
\* Left back fist to temple...Ki-Hahp.
- 32. \* Same as #31, but hop back and Right leg spin side kick mid-section...Ki-Hahp.
- 33. \* Same as #32, but add a Left leg spin side kick mid-section...Ki-Hahp.
- 34. \* Left knife hand block  
\* Right spear hand to neck  
\* Hop back and Right leg jump spin side kick...Ki-Hahp.
- 35. \* Same as #34, but add a Left leg jump spin side kick...Ki-Hahp.

