

RED BELT – 2ND KUP

Self Defence

Throwing Techniques

1. Thumb to throat & outside foot sweep (arch of foot)
2. Tilt opponent, step out & inner foot sweep (calf)
3. Dropping hip throw
4. Belt & hip throw

Defence against front kick

1. X+groin kick/pull
2. Outside scoop & pull down
3. X+shin-pain
4. Inside scoop & finger thrust the upper inner thigh
5. Tornado

Defence against turning kick

1. Inside trap & leg sweep
2. Inside trap & elbow to knee or thigh
3. Inside trap & Achilles pain
4. Inside trap & palm to chin & step forwards
5. Tornado

Defence against side kick

1. X+groin kick
2. X+pull
3. X+ankle twist
4. Dropping side kick to groin
5. Drop, catch leg with foot and press knee with other foot

Defence against turning back kick

1. Stop-push to bottom
2. Step behind and pull down
3. X+ankle twist
4. Dropping side kick to groin
5. Drop, catch leg with foot and press knee with other foot

Defence against spinning heel kick

1. Step behind and pull down
2. Low spinning heel
3. Dropping side kick to groin
4. Drop, catch leg with foot and press knee with other foot
5. Go in, jam kick, catch & sweep

Thumb Attacks (from Shaking Right Hands)

1. Nail pressure point
2. Grab the bottle and bend
3. Turn anti-clockwise & grab with both hands behind your back
4. Pistol Grip Lever on thumb joint

Multiple Grabbing

Demonstrate self defence techniques

Pressure Points

1. Large Intestine 17 – throwing technique using thumb
2. Large Intestine 4 – hand shake points

Weak Points

1. Sternocostal joints
2. Achilles tendon
3. Thumb cutical – hand shake

Kicking Techniques

1. Jumping spinning hook (Low impact option – spinning hook)
2. High spinning hook then low spinning hook
3. Sliding foot sweep to front leg, then low spinning hook
4. 360° spinning hook (Low impact option – step forwards and spinning hook)
5. Low turning then 180° reverse turning

Patterns

Pattern 7 - Four Directional Throws

Start facing North. Attention, Joonbi.

(L) foot backwards, walking stance facing N/W with hands at side. Present (R) hand.

1. **Attacker grabs cross hand with momentum.** Pull attacker's arm & lock onto hip, (L) arm blocks up under chin leaning opponent backwards & off balance. Rotate 180° to (L) & apply 45° (R) knifehand strike to chest while opponent is falling. Finish in Horse riding stance (facing S/W).

Turn to right side 180° walking stance, right leg back, both arms to sides. Now facing N/E.

2. **Attacker (R) front kick and (R) punch.** Deflection open hand block to kick with (R) hand as step back with left foot. (R) arm blocks and grabs punch & locks it on (R) hip, (L) hand reaches around to grab attacker's chin from behind. Pull back, rotating chin while maintaining locked arm on hip. Rotate 180° to execute horizontal (R) coat hanger strike ((R) elbow at 90°). Finishing in horse riding stance facing N/W.

(R) leg stays firm, (L) leg steps backwards 90° turn into walking stance facing S/W. Present (R) hand.

3. **Attacker grabs cross hand with momentum.** Just before contact is made, check with (L) hand, (R) arm raises to front of throat (elbow 90°). Neck & chin throw. (L) hand to back of neck as rotate attacker 180°. Step back with (R) leg, slide (L) hand to attacker lower back as step through to execute chin throw (finish in walking stance, (R) foot forward. (R) arm shoulder height, elbow at 90°). Now facing N/E.

(L) foot moves up to (R), (R) foot steps backwards as rotate 90°. Now facing S/E in walking stance with (L) foot forwards.

4. **Attacker (R) front kick and (R) punch.** Step back with left foot, deflection open hand block to kick with (R) hand as (L) hand moves across to front guard. Execute (L) hand inside block and grab of punch while applying (R) knifehand cut across eyes. (L) hand pulls attacker inwards, (R) arm comes over the top of attacker's arm and scoops it upwards rotating attacker. (L) hand reaches to chin as circular scoop is applied and locks head on chest. Downward (R) elbow strike to neck while facing N/E in horse riding stance.

(L) leg steps backwards into walking stance facing N. Arms to side.