



# Practice-at-Home Sheet

## Il Soo Sik Soo Ki

### (One-Step Sparring Hand Techniques)

For hand techniques #1-30, attacker steps backward with the right leg while executing a left hand low block and signals readiness with a “Ki-Hap”

From “Choon Bee” position, defender signals he is ready for the attack with a “Ki-Hap”.

Attacker steps forward with a right-hand punch.

Defender executes the technique, ending with a loud “KI-HAP!”

#### Technique #1

##### **Block, Elbow Strike**

Step left backward into horseback stance, block with right hand outside/inside knife hand.  
Slide up towards attacker. Right elbow strike to the mid-section (solar plexus.)

#### Technique #2

##### **Block, Double Elbow Strike**

Step left backward into horseback stance, block with right hand outside/inside knife hand.  
Slide up towards attacker. Right elbow strike to the mid-section (solar plexus.)  
Spin left for left elbow strike to same location.

#### Technique #3

##### **Block, Chop**

Step left backward into horseback stance, block with right hand outside/inside knife hand.  
Slide up towards attacker. Right hand chop to attacker’s neck or temple.

#### Technique #4

##### **Block, Reverse Punch**

Step left backward into horseback stance, block with right hand outside/inside knife hand.  
Shift into front stance (right leg forward), punch with left hand to solar plexus

#### Technique #5

##### **Double-action Block/Punch**

*(Bring both hands to your right hip before stepping)*

Step 45 degrees to the right into a horseback stance while at the same time, executing a left hand inside/outside knife hand block to the wrist and a right hand punch to the philtrum (just under the nose).

#### Technique #6

##### **Step Left and Block, Triple Punch**

Step left into horseback stance, blocking with left hand outside/inside knife hand.  
Right hand punch to the ribs. Left hand punch to the ribs.  
Shift into left foot forward front stance and execute right hand punch to the temple.

#### Technique #7

##### **Double-action Block/Chop**

*(Bring both hands to your right hip before stepping)*

Step 45 degrees to the right into a horseback stance while at the same time, executing a left hand inside/outside knife hand block to the wrist and a right hand chop to the neck or temple.

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## Technique #8

### **Block, Pull, Elbow Strike**

Step right leg back into fighting stance and block with left inside/outside knife hand block.  
Grab the wrist and pull attacker towards you.  
Twist at the waist and execute a right elbow strike to the face.

## Technique #9

### **Block, Triple Attack (Elbow, Back Fist, Hammer Fist)**

Step forward with right leg into horseback stance. Right hand outside/inside knife block.  
Right elbow strike to center, right back fist to the face, shift into front stance  
and right hammer fist to the groin.

## Technique #10

### **Punch, Double-action Block/Punch**

Step 45 degrees to the right into a horseback stance while at the same time, executing a left hand center punch... bring both hands to your right hip, and at the same time execute a inside/outside knife hand block to the wrist and a right hand punch to the philtrum (just under the nose).

## Technique #11

### **Block, Grab Shoulder, Knee Strike**

Step left, left hand outside/inside block.  
Right hand grabs shoulder... right knee strike center.

## Technique #12

### **Block, Knee Strike to Head**

Right leg back fighting stance, left hand inside/outside knife hand block.  
Pull attacker's head down and strike with right knee.

## Technique #13

### **Block, Chop, Spin, Chop**

Step forward with right leg into horseback stance. Right hand outside/inside knife block.  
Right hand chop to temple or neck. Spin counter-clockwise and chop temple or neck.

## Technique #14

### **Block, Grab Shoulder, Takedown with Kick behind Knee, Punch**

Step left, left hand outside/inside block.  
Right hand grabs shoulder... right legs kicks behind attacker's knee, push down on shoulder for the takedown. Follow up with a left hand punch to the face.

## Technique #15

### **Block, Forearm Strike/Sweep Takedown, Punch**

Step left, left hand outside/inside block.  
Right forearm strike across the chest while right leg sweeps behind attacker's right leg for the takedown. Follow up with a left hand punch to the face.

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## Technique #16

### **Block, Double-Elbow to Ribcage and Back**

Step left into front stance, left hand outside/inside block.

Right elbow strike to ribcage, pull back for elbow strike to the kidneys (in the back).

## Technique #17

### **Block, Eye Poke, Back Fist**

Right leg back fighting stance, left hand inside/outside knife hand block.

Grab the wrist, pull forward, right hand two-finger spear to the eyes, back fist to the temple.

## Technique #18

### **Block, Palm Strike under Chin, Takedown, Punch**

Right leg back fighting stance, left hand inside/outside knife hand block.

Grab wrist, step forward with right leg and put behind attacker's right leg.

Right hand executes a palm strike under attacker's chin while sweeping the leg for the takedown.

Follow up with a right hand punch to the face.

## Technique #19

### **Reverse Block and Face-down Takedown with Arm-Bar, Punch**

Left leg back fighting stance, right hand inside/outside knife hand block.

Grab wrist, swing left leg in front of attacker's right leg.

Push on the attacker's elbow while sweeping the leg backwards for the takedown.

Enforce arm-bar by pushing on the elbow with your left hand and using your right knee to keep the attacker's arm straight. Follow up with a right hand punch to the attacker's temple.

## Technique #20

### **Block, Elbow to Ribs, Elbow Lock behind Head for Takedown, Punch**

Step forward with left leg and perform a high block with the left hand.

Right elbow strike to the ribcage.

Bend the attacker's right elbow behind their head and push down while sweeping the attacker's leg for the takedown. Follow up with a right hand punch to the attacker's face.

## Technique #21

### **Reverse Block, Elbow Strike to the Spine**

Left leg back fighting stance, right hand inside/outside knife hand block.

Grab attacker's wrist with your right hand, step forward with your left leg and pull the attacker forward off balance while pushing down on their shoulder with your left hand.

Release the wrist and execute a right downward elbow strike to the spine.

## Technique #22

### **Back Fist/Stomp Kick Combination (a.k.a. "the ballerina move")**

Step left, right knife hand inside/outside block.

Grab wrist, step forward with your right leg, going under the attacker's arm.

Pivot while still holding the wrist and execute a left back fist to the temple (*your arm is above the attacker's arm*) while kicking behind the attacker's right knee with your left foot.

## Technique #23

### **Elbow Break/Takedown**

Step left into horseback stance and strike the attacker's arm with your left hand on the outside of the attacker's elbow while your right hand strikes on the inside of the attacker's forearm. Fold your arms in and down to trap the attacker's arm. Step back with your right leg and spin in a clockwise direction while maintaining pressure on the attacker's trapped arm for the takedown.

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## Technique #24

### **Three Stance/Triple Combination**

1. Step right leg forward into a fighting stance while left knife hand blocks wrist and right hand does an uppercut to the chin.
2. Shift into right leg forward front stance, left hand spear to the groin, right hand pulls back to your neck with your palm facing your neck.
3. Shift into horseback stance, right hand chops to the temple or neck, left hand pulls back to the chamber position.

## Technique #25

### **Elbow, Elbow, Knee**

Step right leg forward into horseback stance while executing a left knife hand inside/outside block to the wrist and a right elbow strike to the side of the head.  
Grab and hold the wrist with the left hand while the right elbow strikes the back of the head.  
Wrap your right arm around the attacker's neck and push down while striking up with the knee.

## Technique #26

### **Arm Break with Backward Elbow Strike.**

Step right into front stance while left hand does inside/outside knife block to wrist.  
Grab the wrist. Swing attacker's arm down, step forward with your left leg to place your back to the attacker and use both hands to swing the attacker's arm over your left shoulder, with the inside of the elbow joint facing up. Pull attacker's arm down while raising your body up to break the arm. Immediately execute a left elbow strike to the rear.

## Technique #27

### **Block, Ridge Hand, Knee Strike**

Right leg back fighting stance, left hand inside/outside knife hand block.  
Grab wrist with left hand, pull forward, right ridge hand strike to the temple.  
Right hand behind the attacker's head, pull down the head, knee strike to the face.

## Technique #28

### **Wrist lock**

Right leg back fighting stance, left hand outside/inside knife hand block to the wrist.  
Grab wrist with both hands and roll it over so the attacker's fingers are pointing up.  
*(Your thumbs are on the back of the hand pointing up, the rest of your fingers are wrapped around the hand... make sure you don't support the wrist.)*  
Bend the wrist back towards the attacker and pull the arm down and forward while stepping back to force the attacker to the ground.

## Technique #29

### **Block with Low Attack, Leg Trap Takedown, Punch**

Step left into front stance while executing a left hand high block and a right hand ridge hand strike to the groin. Grab the wrist with your left hand, right hand strikes (palm up) behind the attacker's knee. Pull down on the attacker's arm while pulling up on the attacker's knee. Follow up with a right hand punch to the face.

## Technique #30

### **Head Lock & Back Break**

Right leg back fighting stance, left hand inside/outside knife hand block. Grab the wrist with your left hand, pull forward, right ridge hand strike to the temple. Step forward with right leg to position yourself behind the attacker. Right arm goes around the attacker's neck. Bend the attacker's arm back for head lock. Drop attacker on your knee for back break.