



# Practice-at-Home Sheet

## Il Soo Sik Jok Ki

(One-Step Sparring Kicking Techniques)

For kick techniques #1-15, attacker steps backward with the right leg while executing a left hand low block and signals readiness with a “Ki-Hap”

Defender signals he is ready for the attack by stepping back with right leg into a fighting stance with a “Ki-Hap”.

Attacker steps forward with a right-hand punch.

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

### Technique #1

**Front kick** with right leg.

### Technique #2

**Side kick** with right leg.

### Technique #3

**Roundhouse kick** with right leg.

### Technique #4

**Turning back kick.**

Turn to the rear, look over your right shoulder and kick back with the right leg.

### Technique #5

**Duck left, Side Kick**

Step to the left, ducking under the punch.

Side kick with the right leg.

### Technique #6

**Duck left, Roundhouse Kick**

Step to the left, ducking under the punch.

Roundhouse kick with the right leg.

### Technique #7

**Push Kick** with the outside blade edge of the right foot.

### Technique #8

**Block, Grab, Roundhouse Kick**

Left hand inside/outside block.

Grab with left hand, grab with right hand, right leg roundhouse kick.

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## Technique #9

### **Block, Grab, Side Kick**

Left hand inside/outside block

Grab with left hand, grab with right hand, right leg thrusting side kick.

## Technique #10

### **Step left, Block, Grab, Hook Kick**

Step left, right hand inside/outside block, grab wrist, pull arm down.

Right leg hook kick to attacker's head or ribcage.

## Technique #11

### **Crescent Kick to block, Wheel Kick**

Right leg, outside-inside crescent kick blocks incoming punch.

Place right foot down, spin into left leg wheel kick.

## Technique #12

### **Crescent Kick to block, Side Kick**

Right leg, outside-inside crescent kick blocks incoming punch.

Without setting leg down, execute a right leg side kick.

## Technique #13

### **Front Kick, Roundhouse Kick combination**

Right leg low front kick, followed by high roundhouse kick without setting the leg down.

## Technique #14

### **Lead leg Crescent Kick to block, Front/Roundhouse kick combination**

Left leg inside/outside crescent kick blocks incoming punch.

Right leg low front kick, followed by high roundhouse kick without setting the leg down.

## Technique #15

### **Step left, Axe Kick, Roundhouse Kick**

Step to the left.

Right leg inside/outside axe kick blocks incoming punch.

Don't set leg down before roundhouse kick to the head.

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# Il Soo Sik Jok Ki

For Kicking Techniques #16-30, the attack switches from a punch to a front kick.

Attacker steps backward with the right leg into a fighting stance and signals readiness with a “Ki-Hap”

For kick techniques #16-20, defender steps **forward** with the **right** leg into a fighting stance and signals he is ready for the attack with a “Ki-Hap”.

Attacker executes a right leg front kick.

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

## Technique #16

### **Double-low-X-block, Reverse Punch, Knee Strike**

While stepping back with the right leg, execute a double-low-x-block on attacker’s leg, then grab the leg and pull, then release.

Reverse punch with right hand, grab attacker’s shoulder with your right hand, right knee strike.

## Technique #17

### **Block, Spinning Hook Kick**

Step back with the right leg, left hand blocks kick.

Spin on the left foot to execute a right leg spinning hook kick.

## Technique #18

### **Block, Spinning Hook Kick, Roundhouse Kick**

Step back with the right leg, left hand blocks kick.

Spin on the left foot to execute a right leg spinning hook kick.

Follow with a roundhouse kick without putting foot down.

## Technique #19

### **Leg Trap, Take Down, Reverse Punch**

Step to the left and catch attacker’s leg with your left hand on the outside of the knee and right elbow under the ankle.

Grab attacker’s shoulder with your left hand.

Lift up the attacker’s leg, push down on the shoulder to perform take-down.

Follow up with a reverse punch to the attacker’s face.

## Technique #20

### **Block, Jump Front Kick (no pump)**

Step back with the right leg, left hand blocks kick.

Execute a jumping front kick with the right leg (back leg).

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## For Kick Techniques #21 – 30...

Defender steps **forward** with the **left** leg into a fighting stance and signals readiness with a “Ki-Hap”.

### Technique #21

#### **Block, Front Kick, Spin Crescent Kick**

Step back and block with right hand.

Left leg front kick, put left foot down, spin inside/outside crescent kick with right leg.

### Technique #22

#### **Two-Hand-Block, Right (lead) Leg Roundhouse Kick, Spinning Back Kick**

Step back, block with both hands on inside of attacker's leg.

Right leg roundhouse kick, put right foot down, spinning back kick with left leg.

### Technique #23

#### **Block, 360° Jump Spinning Roundhouse Kick**

Step back and block with right hand.

Pivot on right foot, counter-clockwise and deliver right-leg roundhouse kick.

### Technique #24

#### **Block, Jump Spinning Back Kick**

Step back and block with right hand. Jump spinning back kick with the left leg.

### Technique #25

#### **Block, Axe Kick**

Step left, block attacker's kick with the right hand. Right leg axe kick.

### Technique #26

#### **Two-Hand-Block, Roundhouse Kick, Spinning Hook Kick**

Step forward with left leg, block with both hands on outside of attacker's leg.

Right leg roundhouse kick, put right foot down, spinning hook kick with left leg.

### Technique #27

#### **Check Kick, Front Kick, Jumping Roundhouse Kick**

Use left leg to “check” kick attacker's kicking leg as the block.

Left leg front kick, then jumping roundhouse kick with the right leg.

Combination is performed without putting the leg down.

### Technique #28

#### **Ankle Sweep**

*Note: Attack should be a roundhouse kick instead of a front kick.*

*Keep the leg up and out of the way for safety.*

Defender drops low, spins clockwise and extends right leg to sweep the attacker's ankle.

### Technique #29

#### **Block, Front Kick, Jumping Roundhouse Kick**

Step back and block with right hand.

Left leg front kick, right leg jumping roundhouse kick (without putting foot down).

### Technique #30

#### **Block, Jumping Spinning Crescent Kick**

Step back and block with right hand.

Jump counter-clockwise for jump spin inside/outside crescent kick with the left leg.