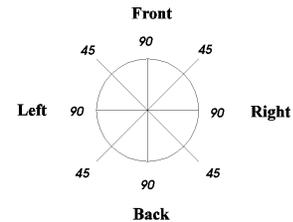




II Soo Sik Dae Ryun - Soo Ki (Basic Hand Techniques 1 - 5) Right Side



1. ONE PUNCH

- 1) Right foot steps out to a right 45°. (Front Stance)
- 2) Left Hand (Inside/Outside Soo Do Block) to punching arm.
- 3) Right Hand (High Punch to the Face/Head) - (Ki Hap)
- 4) Pivot in to good Horse Stance using the hip for power on the punch.

2. TWO PUNCHES

- 1) Right Foot steps out to a right 45°. (Front Stance)
- 2) Left Hand (Punch to the Groin) Right Hand goes at the right hip. - (Ki Hap)
- 3) Left Hand (Inside/Outside Soo DO Block) to punching arm.
- 4) Right Hand (High Punch to the Face/Head) - (Ki Hap)
- 5) Pivot in to good Horse Stance using the hip for power on the punch.

3. ELBOW ATTACK-PUNCH

- 1) Right Foot steps out to a right front 90° (Horse Stance) Center line
- 2) Right Hand (Outside/Inside Soo Do Block) to punching arm. - (Ki Hap)
- 3) Right Elbow pulled back and Elbow Punch to the Ribs) - (Ki Hap)

4. TWO ELBOW ATTACK-PUNCHES

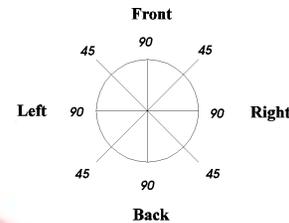
- A) Right Foot steps in to a front 90°. (Horse Stance)
- B) Right Hand (Outside/Inside Soo Do Block) to punching arm. - (Ki Hap)
- C) Right Elbow pulled back (Elbow Punch to the Ribs) - (Ki Hap)
- D) Left Foot pulls back/across and in front of Right leg.
- E) Pivot at the waist backward 180.
- F) Left Elbow (Elbow Punch to the Solar Plexus) - (Ki Hap)

5. BLOCK / THREE PUNCE

- A) Left Foot steps out to a left 45°
- B) Left Hand (Push Block to the Elbow) of punching arm. - (Ki Hap)
- C) Right Hand (Punch to the Ribs) - (Ki Hap)
- D) Left Hand (Punch to the Ribs) - (Ki Hap)
- E) Right Hand (Punch to the Head) - (Ki Hap)



II Soo Sik Dae Ryun - Soo Ki (Basic Hand Techniques 6 - 10)



6. BACK HAND SOO DO PUNCH

- A) Right Foot steps in to a front 90°. (Horse Stance)
- B) Right Hand (Outside/Inside Soo Do Block) - (Ki Hap)
- C) Right Hand is pulled back to the front (Soo Do Chop to the Neck) - (Ki Hap)

7. SOO DO BLOCK/PUNCH

- A) Right Foot steps out to a right 45°
- B) Left Hand (Inside/Outside Soo Do Block) of punching arm. - (Ki Hap)
- C) Right Hand (Soo Do Punch/Chop) to the neck. - (Ki Hap)

8. ELBOW TO HEAD

- A) Right Foot steps back in to a Fighting Stance (Back 90°).
- B) Left Hand (Inside/Outside Soo Do Block/Grab) of punching arm.
- C) Pull In and Down with Left Hand.
- D) Right Forearm/Elbow punch to head. - (Ki Hap)

9. ELBOW WITH (2) PUNCHES

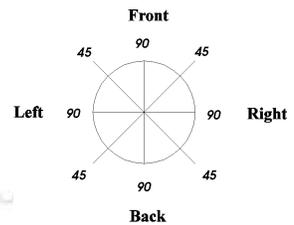
- A) Right Foot steps in to a front 90° (Horse Stance).
- B) Right Hand (Outside/Inside Soo Do Block) of punching arm.
- C) Right Elbow (Punch to the Ribs) - (Ki Hap)
- D) Right Back Hand (Punch to the Face) - (Ki Hap)
- E) Right Hammer Hand (Punch to the Groin) - (Ki Hap)

10. LEG THROW

- A) Left Foot steps back in to a Fighting Stance (Back 90°).
- B) Right Hand (Inside/Outside Soo Do Block/Grab) of punching arm.
- C) Left Foot steps in and under/Left Hand to punching arms Elbow.
- D) Pull down with Hands and Lift with Left Leg. (THROW) - (Ki Hap)



II Soo Sik Dae Ryun - Soo Ki (Intermediate Hand Techniques 11 - 15)



11. SHOULDER GRAB/KNEE KICK

- A) Right Foot steps Back in to a Fighting Stance (Back 90°).
- B) Left Hand Inside/Outside Soo Do Block to punching arm.
- C) Right and Left Hands Grab Shoulders Pulling In and Down
- D) Right Knee Kicks Chest. (Ki Hap)

12. NECK GRAB/KNEE KICK

- A) Right Foot Steps Back In to a Fighting Stance (Back 90°).
- B) Left Hand Inside/Outside Soo Do Block to the Punching arm.
- C) Right and Left Hands Grab Back of Neck, Pulling In and Down.
- D) Right Knee Kicks to the Face. (Ki Hap)

13. SPINNING BACK SOO DO CHOP TO THE NECK

- A) Right Foot steps in to a Front 90° (Horse Stance).
- B) Right Hand Outside/Inside Soo Do Block to the punching arm.
- C) Pivot Backwards 180 (Spinning)
- D) Left hand Back Soo Do Chop to the Neck. (Ki Hap)

14. SHOULDER/KNEE PULL DOWN (LEFT)

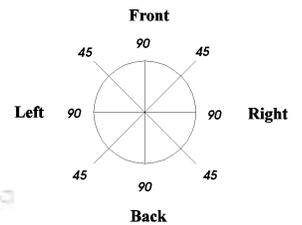
- A) Left Foot steps out to a left 45°.
- B) Left Hand Push Block to punching arm.
- C) Right Hand Grabs Right Shoulder, Pulling Down to the Left.
- D) Right Foot Push Kick to the Inside of Right Knee.
- E) Left Hand Punch to the Face. (Ki Hap)

15. SHOULDER/KNEE PULL DOWN (RIGHT)

- A) Left Foot steps out to a left 45°.
- B) Left Hand Push Block to punching arm.
- C) Right Hand Grabs Left Shoulder, Pulling Down to the Right.
- D) Right Foot Push Kick to the Inside of Right Knee.
- E) Left Hand Punch to the Face. (Ki Hap)



II Soo Sik Dae Ryun - Soo Ki (Intermediate Hand Techniques 16 - 20)



16. ELBOW TO RIBS

- A) Left Foot Steps out to a left 45°.
- B) Left Hand Push Block to punching arm.
- C) Right Forearm (elbow) to the Ribs. (Ki Hap)

17. ELBOW TO RIBS/BACK (2 Punches)

- A) Left Foot Steps out to a left 45°.
- B) Left Hand Push Block to the Punching arm.
- C) Right Forearm (elbow) to the Ribs. (Ki Hap)
- D) Right Elbow to the Back (Ribs) (Ki Hap)

18. TWO FINGER SPEARHAND

- A) Right Foot Steps back in to a Fighting Stance (Back 90°).
- B) Left Hand Soo Do Block/Grab to the punching arm.
- C) Pulling Down and Backwards with the Left Hand.
- D) Right Hand Two Finger Spearhand to the Eyes. (Ki Hap)
- E) At the same time Left Foot moves in to Front Stance.

19. CHIN PUNCH (Heel of Palm)

- A) Right Foot Steps back in to Fighting Stance (Back 90°).
- B) Left Hand Soo Do Block/Grab to the punching arm.
- C) Pulling Down and Backwards with the Left Hand.
- D) Right Hand (Heel of Palm Punch) under Chin. (Ki Hap)
- E) Right Foot Steps in to a front 90° (Front Stance) - (Ki Hap)

20. ARM TAKE DOWN/ ELBOW TO RIBS

- A) Right Foot Steps Back in to Fighting Stance.
- B) Left Hand High Block/Grab to punching arm.
- C) Right Foot Steps in to a front 90°.
- D) Right Elbow Punch to back of Ribs. (Ki Hap)
- E) Right Hand comes under then over punching arm at the Elbow.
- F) Left Hand Pulling backwards and down.