

# **IL SOO SIK DAE RYUN**

**HAND TECHNIQUES #1-30**

**KICKING TECHNIQUES #1-30**

## HAND TECHNIQUES

- 1) Step 45° to the right into horseback stance while executing a simultaneous left knifehand block to the wrist and right punch to the philtrum.
- 2) Step 45° to the right into right front stance while executing a left punch to the solar plexus. Twist body into a horseback stance and execute a simultaneous left knifehand block to the wrist and right punch to the philtrum.
- 3) Slide left foot to the right forming an "L" shaped position while executing a right outside inside knifehand block to the wrist. Step forward with the right foot into a horseback stance and execute a right elbow strike (palm faces towards body) to the solar plexus.
- 4) Slide left foot to the right forming an "L" shaped position while executing a right outside inside knifehand block to the wrist. Step forward with the right foot into a horseback stance and execute a right elbow strike (palm faces towards body) to the solar plexus followed by a left spinning elbow strike to the solar plexus.
- 5) Slide left foot to the right forming an "L" shaped position while executing a right outside inside knifehand block to the wrist. Step forward with the right foot into a horseback stance and execute a right inside outside knifehand strike to the opponent's neck.
- 6) Step 45° to the left into a horseback stance while executing a left outside inside palm block to the opponent's wrist. Follow with a double punch to the ribs (right hand first). Pivot into a left front stance and execute a right punch to the temple.
- 7) Step 45° to the right into horseback stance while executing a simultaneous left knifehand block to the wrist and right outside inside knife hand strike to the temple.
- 8) Step back into a left fighting stance while executing a left inside outside knifehand block to the wrist. Grab the wrist and pull towards you rotating the palm upwards, twist your body and execute a right elbow strike to the jaw.
- 9) Slide left foot to the right forming an "L" shaped position while executing a right outside insideknife hand block to the wrist. Step forward with the right foot into a horseback stance and execute a right elbow strike (palm faces towards body) to the solar plexus. Follow with a right backfist to the philtrum and a right hammerfist to the groin

- 10) Step back into a right fighting stance while executing a right inside outside knifehand block to the wrist. Grab the wrist with the right hand and behind the elbow with the left hand and execute a left leg sweep to the front of the opponent's right leg.
- 11) Step back into a left fighting stance while executing a left inside outside knifehand block to the wrist. Step forward with the left leg into a front stance and grab opponent's shoulders. Pull down and roll palms towards opponent's chest while executing a knee strike to the solar plexus.
- 12) Step back into a left fighting stance while executing a left inside outside knifehand block to the wrist. Step forward with the left leg into a front stance and grab opponent's head. Pull down and execute a knee strike to the face.
- 13) Slide left foot to the right forming an "L" shaped position while executing a right outside inside knifehand block to the wrist. Step forward with the right foot into a horseback stance and execute a left spinning knifehand strike to the neck.
- 14) Step 45° to the left into horseback stance while executing a left slap block to the wrist followed by a right hand shoulder grab to the opponent's right shoulder. Execute a right side kick to the back to the right knee a pull opponent to ground. Pin opponent with your right knee on thier ribs and execute a left punch to the temple.
- 15) Step 45° to the left into horseback stance while executing a left slap block to the wrist followed by a right hand shoulder grab to the opponent's left shoulder. Execute a right pressing kick to the back to the right knee a pull opponent to ground. Pin opponent with your left knee on thier ribs and execute a left punch to the temple.
- 16) Step 15° to the left into a left front stance while executing a left outside inside palm block to the wrist. Follow with a right elbow strike to the ribs.
- 17) Step 15° to the left into a left front stance while executing a left outside inside palm block to the wrist. Follow with a right elbow strike to the ribs. Slide forward with the right foot and execute a back elbow strike to the kidney.
- 18) Step back into a left fighting stance while executing a left inside outside knifehand block to the wrist. Grab the wrist and pull towards you rotating the palm upwards, twist your body and execute a right two finger strike to the eyes.

- 19) Step back into a left fighting stance while executing a left inside outside knifehand block to the wrist. Grab the wrist and step forward into a horseback stance with the right foot behind opponent's legs while executing a right palm strike to the chin and pull the opponent's right arm towards you rotating the palm upwards.
- 20) Step back into a left fighting stance while executing a left inside outside knifehand block to the wrist. Grab the wrist and step forward into a horseback stance with the right foot behind opponent's legs while executing a right elbow strike to the ribs. Follow with a right arm elbow break. Twist your hip into a front stance and pull opponent's hand backwards locking their arm to the side of their head. Step forward with the left foot and takedown follow by locking arm to the ground and punch to philtrum.
- 21) Step back into a right fighting stance while executing a right inside outside knifehand block to the wrist. Step forward with the left foot into a front stance while grab the wrist with your right hand and applying pressure behind the elbow with your left hand. Twist into a horsback stance and pin the opponent's hand to your leg. Release your left hand and execute a right downward elbow strike to the spine.
- 22) Step 20° to the left into a front stance while executing a right inside outside knifehand block to the wrist. Grab wrist a circle the arm clockwise as the arm crosses your right leg follow the motion with your right foot and spin under the arm. Execute a simultaneous left backfist to the nose and a left side kick to the knee.
- 23) Step 15° to the left into a horsback stance while executing a simultaneous right wrist trap with the your thumb facing you and a right upward elbow strike behind the opponent's elbow.
- 24) Step 15° to the right into a horseback stance while executing a simultaneous left inside outside knifehand block to the wrist and a right uppercut to the jaw. Pivot into a right front stance a execute a low spear hand strike (palm facing up). Twist back into a horseback stance a follow with a right inside outside knifehand strike to the neck.
- 25) Step 15° to the right into a horseback stance while executing a simultaneous left inside outside knifehand block to the wrist and a right elbow strike to the jaw. Grab the wrist and pull towards you while executing a right back elbow strike to the jaw. Cirle your right arm in a clockwise motion (palm faces towards you) and lock opponent's neck. Shuffle the left foot in and follow with a right knee strike to the solar plexus.

- 26) Step back into a left fighting stance while executing a left inside outside knifehand block to the wrist. Grab the wrist and circle the arm in a clockwise direction as the arm crosses your left leg follow the motion with your left foot and land in a horseback stance (back faces opponent) execute a elbow break over your left shoulder and follow with a left back elbow strike to the solar plexus.
- 27) Step back into a left fighting stance while executing a left inside outside knifehand block to the wrist. Grab the wrist and execute a right ridgehand strike to the temple. Grab the left shoulder with your right hand and pull down while executing a right knee strike to the solar plexus.
- 28) Step back into a left fighting stance while executing a left outside inside knifehand block to the wrist. Twist opponent's wrist so their palm faces them and apply pressure while stepping back and down with your left leg. Pin opponent's bicep with your left knee and apply pressure to the wrist.
- 29) Step 15° to the left into a one knee stance while executing a simultaneous left open hand high block and a right wrist strike to the groin. Grab wrist and execute a right back fist to the outside of the opponent's right knee. Pull their arm towards you rotating the palm upwards while executing a right ridgehand strike to the back of the knee. Takedown and follow with a right knifehand to the neck.
- 30) Step back into a left fighting stance while executing a left inside outside knifehand block to the wrist. Grab the wrist and execute a right ridgehand strike to the temple. Grab wrist and step forward into a horseback stance with your right foot behind opponent's legs while sliding your right arm along the their neck. Lock the right backhand to the base of the skull and the right upperarm lifts under the chin. Pull opponent's right arm down and lock your right fingers to their arm twist over knee and apply pressure.

## KICKING TECHNIQUES

- 1) Step back into a left fighting stance. KIHAP! Follow with a right front kick.
- 2) Step back into a left fighting stance. KIHAP! Follow with a right roundhouse kick.
- 3) Step back into a left fighting stance. KIHAP! Follow with a right side kick.
- 4) Step back into a left fighting stance. KIHAP! Follow with a right spinning back kick.
- 5) Step back into a left fighting stance. KIHAP! Follow with a hop 45° to the left and execute a right side kick to the ribs.
- 6) Step back into a left fighting stance. KIHAP! Follow with a left foot slide to the left while ducking (keep hands up and look at opponent) follow with a right roundhouse kick to the solar plexus.
- 7) Step back into a left fighting stance. KIHAP! Follow with a right front push kick to the solar plexus.
- 8) KIHAP! Step back into a left fighting stance and execute a left inside outside knifehand block to the wrist. Grab the opponent's arm with your right hand and follow with a right roundhouse kick to the temple.
- 9) KIHAP! Step 45° to the left into a left front stance and execute a right inside outside knifehand block to the wrist. Grab the wrist and execute a right hook kick to the base of the skull.
- 10) Step back into a left fighting stance. KIHAP! Execute a right outside inside crescent kick to the wrist of the attacking hand and follow with a left wheel kick to the temple.
- 11) KIHAP! Step back into a left fighting stance and execute a left inside outside knifehand block to the wrist. Grab the opponent's arm with your right hand and follow with a right side kick to the ribs.
- 12) Step back into a left fighting stance. KIHAP! Execute a right outside inside crescent kick block the wrist follow with a right side kick. (Kick twice without putting the foot down.)
- 13) Step back into a left fighting stance. KIHAP! Execute a right front roundhouse kick.

- 14) Step forward into a right fighting stance. KIHAP! Step back into a left fighting stance and execute a left downward block follow with a right front kick.
- 15) Step forward into a right fighting stance. KIHAP! Step back into a left fighting stance and execute a left downward block follow with a right roundhouse kick.
- 16) Step forward into a right fighting stance. KIHAP! Execute a low X block and grab while stepping back into a left fighting stance. Follow with a right punch to philtrum.
- 17) Step forward into a right fighting stance. KIHAP! Step back into a left fighting stance and execute a left downward block. Follow with a right spinning hook kick.
- 18) Step forward into a right fighting stance. KIHAP! Step back into a left fighting stance and execute a left downward block. Follow with a right spinning hook roundhouse kick.
- 19) Step forward into a right fighting stance. KIHAP! Step 15° to the left into a left front stance and execute a leg trap with your right arm. Grab the right shoulder with your left hand and sweep their left leg with your right leg. Takedown and follow with a punch to the temple.
- 20) Step forward into a right fighting stance. KIHAP! Step back into a left fighting stance and execute a left downward block. Follow with a right back leg jumping front kick.
- 21) Step forward into a left fighting stance. KIHAP! Step back into a right fighting stance and execute a right downward block. Follow with a left diagonal kick to the solar plexus and a right spinning axe kick.
- 22) Step forward into a left fighting stance. KIHAP! Step back into a right fighting stance and execute a double palm downward block. Follow with a right roundhouse kick and a left spinning back kick.
- 23) Step forward into a left fighting stance. KIHAP! Step back into a right fighting stance and execute a right downward block. Follow with a right jump spinning roundhouse kick.
- 24) Step forward into a left fighting stance. KIHAP! Step back into a right fighting stance and execute a right downward block. Follow with a right jumping back kick.
- 25) Step forward into a left fighting stance. KIHAP! Step 20° to the left into a left front stance while executing a right low knifehand block. Follow with a right axe kick.

- 26) Step forward into a left fighting stance. KIHAP! Step 90° to the left while executing a double palm downward block. Follow with a right roundhouse kick and a left spinning hook kick.
- 27) Step forward into a left fighting stance. KIHAP! Step kick with your left foot to opponent's knee. Without putting foot down execute a left front kick and a right back leg jumping roundhouse kick.
- 28) Step forward into a left fighting stance. KIHAP! Execute a right low wheel sweep.
- 29) Step forward into a left fighting stance. KIHAP! Step back into a right fighting stance and execute a right downward block. Follow with a left front kick and a right back leg jumping roundhouse kick. (Do both kicks with out putting foot down.)
- 30) Step forward into a left fighting stance. KIHAP! Step back into a right fighting stance and execute a right downward block. Follow with a left jump spinning inside outside axe kick.