

SELF-DEFENSE TECHNIQUES

WHITE BELT

SELF-DEFENSE #1

GETTING TO READY POSITION

1. WHEN THE **ATTACKER** IS READY TO BEGIN, THEY WILL STEP BACK WITH THE **LEFT** FOOT INTO A **RIGHT** FRONT STANCE. **KI-HAP**
2. WHEN THE **DEFENDER** IS READY TO BEGIN, THEY WILL STEP OUT INTO READY POSITION. **KI-HAP**

PERFORMING SELF-DEFENSE TECHNIQUE #1

- 1) **ATTACKER**: STEP FORWARD WITH **LEFT** FOOT INTO A **LEFT** FRONT STANCE, **LEFT** PUNCH TO THE DEFENDERS' FACE.
- 2) **DEFENDER**: STEP BACK WITH **LEFT** FOOT INTO A MIDDLE STANCE TO THE **LEFT** SIDE, **RIGHT** INNER FOREARM BLOCK.
- 3) **ATTACKER**: STEP FORWARD WITH **RIGHT** FOOT INTO A **RIGHT** FRONT STANCE, **RIGHT** PUNCH TO THE DEFENDERS' FACE.
- 4) **DEFENDER**: STEP BACK WITH **RIGHT** FOOT INTO A MIDDLE STANCE TO THE **RIGHT** SIDE, **LEFT** INNER FOREARM BLOCK.
 - a. SHIFT **LEFT** FOOT INTO A **LEFT** FRONT STANCE, **RIGHT** PUNCH TO THE ATTACKERS' STERNUM.
KI-HAP

SELF-DEFENSE TECHNIQUES

WHITE BELT

SELF-DEFENSE #2

GETTING TO READY POSITION

1. WHEN THE **ATTACKER** IS READY TO BEGIN, THEY WILL STEP BACK WITH THE **LEFT** FOOT INTO A **RIGHT** FRONT STANCE. **KI-HAP**
2. WHEN THE **DEFENDER** IS READY TO BEGIN, THEY WILL STEP OUT INTO READY POSITION. **KI-HAP**

PERFORMING SELF-DEFENSE TECHNIQUE #2

- 1) **ATTACKER**: STEP FORWARD WITH **LEFT** FOOT INTO A **LEFT** FRONT STANCE, **LEFT** PUNCH TO THE DEFENDERS' FACE.
- 2) **DEFENDER**: STEP BACK WITH **LEFT** FOOT INTO A **RIGHT** FRONT STANCE FACING THE ATTACKER, **RIGHT** HIGH BLOCK.
- 3) **ATTACKER**: STEP FORWARD WITH **RIGHT** FOOT INTO A **RIGHT** FRONT STANCE, **RIGHT** PUNCH TO THE DEFENDERS' FACE.
- 4) **DEFENDER**: STEP BACK WITH **RIGHT** FOOT INTO A **LEFT** FRONT STANCE FACING THE ATTACKER, **LEFT** HIGH BLOCK.
 - a. MAINTAIN **LEFT** FRONT STANCE, **LEFT** REPEAT KNIFEHAND STRIKES TO THE **LEFT** SIDE OF ATTACKERS' NECK. **KI-HAP**