

KIM'S TAE KWON DO SCHOOL

ADULT HAND TECHNIQUES

#1 Choon Bee position. Jump to the right at a 45 degree angle into horseriding stance. Chamber right fist at right hip with left fist across the stomach. Throw right fist to the opponent's temple and at the same time a left sudo block to the opponent's left wrist.

#2 Choon Bee position. Jump to the right at a 45 degree angle into horseriding stance. Chamber left fist at left hip with right fist across the stomach. Punch with the left fist to opponent's solar plexus, at the same time chambering the right hand at the side. Draw left fist across the body, then deliver a right punch to the temple, and at the same time a left sudo block to opponent's wrist.

#3 Choon Bee position. Step in toward the opponent with right foot into horseriding stance perpendicular to your opponent and deliver a right sudo block to opponent's right wrist. Cross your hands left over right, deliver a right elbow to opponent's solar plexus, and at the same time pull the left hand to the waist.

#4 Choon Bee position. Step in toward opponent with right foot to a horseriding stance while delivering a right sudo block to opponent's right wrist. Cross your hands left over right, deliver a right elbow strike to opponent's solar plexus. Spin to the left into a back stance, and deliver a left elbow strike into the opponent's stomach.

#5 Choon Bee position. Step toward opponent with right foot into a horseriding stance while delivering a right sudo block to opponent's right wrist. Keeping the elbow up, deliver a right sudo strike to the right side of opponent's neck, and quickly return the arm to a bent elbow position.

#6 Choon Bee position. Jump to the left into a horseriding stance with a right Sudo block to outside of opponent's right wrist. Left hand is chambered at the side. Throw a left punch to opponent's ribs, followed with a right punch to opponent's temple.

#7 Choon Bee position. Step back with the right leg into a back stance, delivering a left sudo block to opponent's right wrist. Grab opponents wrist, step forward with right leg into horseriding stance, delivering a right elbow strike to opponent's chin. Spinning to the left, deliver a left elbow strike to opponent's ribs.

#8 Choon Bee position. Jump to the right at a 45 degree angle into

horseriding stance. right hand is at the waist, and left hand is across the stomach. Deliver a left sudo block to opponent's wrist, and at the same time deliver a right sudo strike to opponent's temple.

#9 Choon Bee position. Step with the right foot into a horseriding stance, delivering a right sudo block to opponent's wrist. Cross the hands, left over right, and deliver a right elbow strike to opponent's solar plexus, followed with a right hammer fist to opponent's groin, then a right back fist to opponent's face.

#10 Choon Bee position. Step back with the left foot into back stance, delivering a right sudo block to outside of opponent's right wrist. Grab wrist, and step forward with the left foot into a horseriding stance inside of opponent's right leg. With the left hand push opponent's right elbow down and forward and at the same time pull the opponent's right wrist behind their back. Bend opponent down over your left thigh and suddenly kick your leg back, knocking opponent's right leg off the ground, and the opponent to the ground

#11 Choon Bee position. Step back with the right leg into a back stance, delivering a left sudo block to opponent's wrist. Step in with left foot to a front stance, sliding left arm down opponent's right arm, and grab opponent's shoulders with both hands. Pull opponents upper body forward and down, bringing your right knee up and into opponent's chest.

#12 Choon Bee position. Step back into a right back stance; deliver a left sudo block to opponent's right wrist. Slide left foot forward into front stance, sliding left arm down opponent's right arm. Grab the back of the head with both hands. Pull opponent's head forward and down while bringing the right knee up and into opponents face.

#13 Choon Bee position. Step in with right foot to a horseriding stance, delivering a right sudo block to opponent's right wrist. Slide right arm down opponent's right arm, delivering a right sudo strike to opponent's neck. Spin to the left, and deliver a left sudo strike to the other side of opponent's neck.

#14 Choon Bee position. Jump to the left at a 45 degree angle into a horseriding stance. Deliver a right sudo block to the outside of opponent's right wrist. Slide the right hand down opponent's arm and grab the shoulder. Deliver a right side kick to opponent's knee, and at the same time pull opponent's shoulder back.

#15 Choon Bee position. Jump to the left at a 45 degree angle into a horseriding stance. Deliver a right sudo block to the outside of opponent's

right wrist. Slide the right hand down opponent's arm and grab the shoulder. Deliver a right side kick to opponent's knee, and at the same time pull opponent's shoulder back. Catch opponent on your leg, and deliver a right elbow strike to opponent's chest.