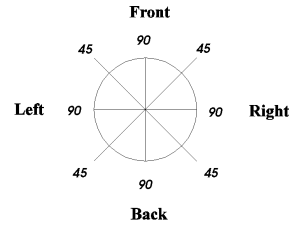


II Soo Sik Dae Ryun - Cha Ki
(Basic Kick Techniques 1 - 5)



1. Fighting Stance (*Right Foot Back 90*)

A) Right Foot Front Kick - (Ki Hap)

2. Fighting Stance (*Right Foot Back 90*)

A) Right Foot Round House Kick - (Ki Hap)

3. Fighting Stance (*Right Foot Back 90*)

A) Right Foot Side Kick - (Ki Hap)

4. Fighting Stance (*Right Foot Back 90*)

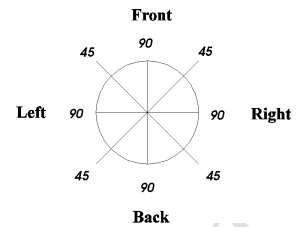
A) Left Foot steps out to a left 45.

B) Right Foot Side Kick to the Ribs. - (Ki Hap)

5. Fighting Stance (*Right Foot Back 90*)

A) Spinning Back Kick - (Ki Hap)

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



6. Fighting Stance (Right Foot Back 90)

- A) Left Foot steps out to the left 45 (DUCK UNDER PUNCH)
- B) Right Hand (Inside/Outside Soo Do Block/Grab) to the punching arm.
- C) Right Foot (Round House Kick High) - (Ki Hap)

7. Fighting Stance (Right Foot Back 90)

- A) Right Foot (Push Kick to the Solar Plexus) - (Ki Hap)

8. Ready Stance (Choon Bee Ja Seh)

- A) Right Foot steps back in to a Fighting Stance (Back 90)
- B) Left Hand (Inside/Outside Soo Do Block/Grab) to the punching arm.
- C) Right Hand (Grabs Elbow of the punching arm)
- D) Right Foot (Round House Kick High) - (Ki Hap)

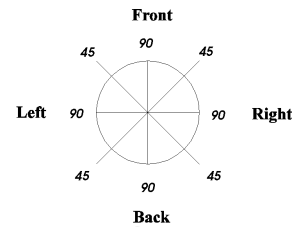
9. Ready Stance (Choon Bee Ja Seh)

- A) Left Foot steps out to the left 45.
- B) Right Hand (Inside/Outside Soo Do Block/Grab) to the punching arm.
- C) Right Foot (Steps In and Around to the Back) (Left Front 45).
- D) Right Foot (Heel Kick to the back of the HEAD) - (Ki Hap)

10. Fighting Stance (Right Foot Back 90)

- A) Right Foot (Outside/Inside Crescent Kick) to the punching arm.
- B) Left Foot (Spinning Wheel Kick to the Face) - (Ki Hap)

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



11. Ready Stance (*Choon Bee Ja Seh*)

- A) Right Foot steps Back in to a Fighting Stance (Back 90).
- B) Left Hand (Inside/Outside Soo Do Block/Grab) to the Punching arm.
- C) Right Foot Roundhouse Kick to the Ribs. (Ki Hap)

12. Fighting Stance (2 Kicks) (*Right Foot Back 90*)

- A) Right Foot Outside/Inside Crescent Kick to the Punching Arm
- B) Right Foot Side Kick to the Chest. (Ki Hap)

13. Fighting Stance (2 Kicks) (*Right Foot Back 90*)

- A) Right Foot Front Kick to Chest
- B) Right Foot Roundhouse to the Head. (Ki Hap)

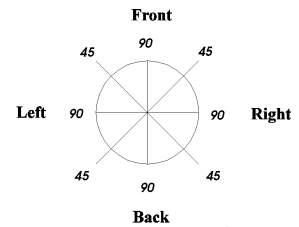
14. Fighting Stance (Right Foot In) (*Left Foot Back 90*)

- A) Right Foot steps Back in to Fighting Stance. (*Right Foot Back 90*)
- B) Left Hand Down Block to Kicking Leg.
- C) Right Foot Front Kick to the Chest. (Ki Hap)

15. Fighting Stance (Right Foot In) (*Left Foot Back 90*)

- A) Right Foot steps Back in to Fighting Stance (*Right Foot Back 90*).
- B) Left Hand Down Block to Kicking Leg.
- C) Right Foot Roundhouse Kick to the Head. (Ki Hap)

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



16. Fighting Stance (right foot in) (Left Foot Back 90)

- A) Right Foot Steps Back in to Fighting Stance (*Right Foot Back 90*)
- B) Right and Left Hand X Block/Grab to the side. (Kicking Leg)
Grab Kicking Leg and Pull Back.
- C) Left Foot moves in to Front Stance Right Hand Center Punch (Ki Hap)

17. Fighting Stance (right foot in) (Left Foot Back 90)

- A) Right Foot Steps Back in to Fighting Stance. (*Right Foot Back 90*)
- B) Left Hand Down Block to Kicking Leg.
- C) Right Foot 360. Spinning Hook Kick. (Ki Hap)

18. Fighting Stance (right foot in) 2 Kicks (Left Foot Back 90)

- A) Right Foot Steps Back in to Fighting Stance. (*Right Foot Back 90*)
- B) Left Hand Down Block to Kicking Leg.
- C) Right Foot Spinning Hook Kick/Roundhouse Kick. (Ki Hap)

19. Fighting Stance (right foot in) (Left Foot Back 90)

- A) Left Foot Steps out to a left 45.
- B) Right Hand Under/Left Hand Over Trapping Kicking Leg.
- C) Twist Front into Front Stance, Pulling Up and Back. (Ki Hap)

20. Fighting Stance (right foot in) (Left Foot Back 90)

- A) Right Foot Steps Back in to Fighting Stance. (*Right Foot Back 90*)
- B) Left Hand Down Block to Kicking Leg.
- C) Right Foot Jump Front Kick to the Face. (Ki Hap)