

## Brief Notes on Elbow One Steps #1- #12

For KSN Aldo Lopez

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### #1: **Attacker - High Punch**

Defender - Right Foot steps to 45 (inside the punch) while Left Hand does a Soo Do Block. Grab attackers punching hand and slide Right Foot in to perform a Right elbow strike to the attackers temple.

### #2: **Attacker - High Punch**

Defender - Right Foot steps to 45 (inside the punch) while Left Hand does a Soo Do Block. Grab attackers punching hand while Right elbow strikes across the attackers face, then back and down their nose and finally up, under the chin. (Each elbow strike requires a shift in front stance).

### #3: **Attacker - High Punch**

Defender - Right Foot steps to 35 (inside the punch and much narrower angle) while Left Hand does a Soo Do Block. Grab attackers punching hand, shift to side stance to perform a quick Right elbow to the attackers rib, then slide Right Foot in and back out (in between attackers feet) to elbow inside their shoulder joint.

### #4: **Attacker - High Punch**

Defender - Right Foot steps to 45 (inside the punch) while Left Hand does a Soo Do Block. Grab attackers punching hand while Right elbow strikes across the attackers face, the back across their face. Left hand follows through to elbow across their face. Keep spinning to the right while pumping left knee into the air to perform a jump spinning elbow strike straight into the nose.

### #5: **Attacker - High Punch**

Defender (**takedown**) - Like basic one step #5, lift the right knee (sidekick chamber) and palm block punch. Set Right Foot back, on the outside of the attacker's front leg while performing a Left elbow to the solar plexus. Look over your right shoulder and grab their shoulder and wrist. Right Foot does an inside/outside sweep to attacker's front leg to take down, finish with a reverse punch to face.

### #6 ("Monkey-Soo-Do"): **Attacker - High Punch**

Defender (**takedown**) - Step with Left Foot to outside of attacker's front leg and execute a Left high block under their punch. Pump Right knee up and spin to the left (through the "hole" made by high block and punch). Land in a horse stance and perform a left then right elbow back behind you. Squat down on the attacker's front quad, reach down and grab the back of their front heel. Pull it straight up (*attacker*

*make sure to fall properly and bring legs in together, cover face and groin*). Jump and spin to the left, land in horse stance and punch to their face, then jump and continue spinning left to punch their groin. They should be in between your horse stance here. Finish by stepping off and back into fighting stance.

#7 (“*Taenkon Step*”): **Attacker - High Punch**

Defender (**takedown**) - Right Leg steps back and circles around, moving to the outside of the attacker's punch. Similar to Knife Defense #1, make contact with their punch and grab with your Left Hand, while your momentum from the step takes your Right Elbow to the back of their head. Come back around to capture the punch hand with the Right Hand. Step forward with Right Foot, control the punch and bring it to your hips, step back with Left Foot and take them down with Kotegaeshi joint lock. Lock arm across your body with your Left Hand and punch them in the face with your Right Hand.

#8: **Attacker - Back Leg Roundkick**

Defender - Start Right Foot back fighting stance. As the kick comes in, shift back and execute a Left reinforced block in a back stance. Lunge forward and strike the side of the temple with Left backfist (straight from the block position). Spin over Right shoulder and rake the eyes with a Right knuckle spear hand, Right Foot steps all the way back. Lunge in again (Left Foot forward) and grab the attacker's head with Left Hand while executing a Right Elbow strike at the temple.

#9: **Attacker - Middle Punch**

Defender (**takedown**) - Step Left Foot to outside of their front leg into a LOW side stance while executing a Left inside/outside block. Shift into a front stance and reverse punch with the Right Hand to their throat. Shift back to side stance and Left elbow to ribs (elbow supported by Right Hand). Step back and around with Right Foot, going underneath their punching arm. Right Elbow to the base of the skull, grab down with Right hand on their collar and pull them down while doing a Right Sidekick to their front knee.

#10: **Attacker - Front Leg Roundkick**

Defender - Start Right Foot back fighting stance. Slide Left Foot forward into front stance and perform Left palm block and Right, low spear hand to the groin (straight out of Intermediate One Step #17). Slide back into back stance while Left Hand extends into a knife hand strike to attacker's neck, Right hand pulls back. Pump Left knee into the air as you jump and spin into a Right Elbow strike straight into the attacker's nose (like #4).

#11 (“*Drunken Master*”): **Attacker - Back Leg Front Kick followed by a High Punch**

Defender - Step Right Foot to the 45 and execute a Left low block to attacker’s kick. Then perform a Left Hand Soo Do block to the attacker's high punch (get into a deeper stance). Grab their punch hand with your Left Hand and then slide Right Foot in and Right Elbow strike across the face, then step back out with Right Foot while raking across the face with a Right knuckle spear hand strike. Perform a simultaneous front kick (to solar plexus) and high punch. Rechamber the kick, cross step in front of left foot, step back with left foot and then step back with right foot. These steps should be very quick and light - covering as much distance as possible.

#12: **Attacker - High Punch**

Defender (**takedown**) - Starts just like #1. Right Foot steps to 45 (inside the punch) while Left Hand does a Soo Do Block. Slide Right foot inside and break their punching hand elbow (your Left Hand should be inside their arm and Right Hand outside their arm at the base of the elbow). Right Foot steps to the outside of the attacker’s front leg, then perform a reinforced Left Elbow to the solar plexus. Right Foot will then drive forward in a “Pi-Chagi” foot position to the inside of their foot and perform a PiChagi sweep (TIP: sit back on their front leg to create unbalance). Finish with a skip-in side kick to the face.