

Eight Step Exercises

ATTENTION (CHA-RIUT)
BOW (KYUNG-NYEH)
READY POSITION (JOON-BI)

First Set

Moving left foot, left side down block in horseback stance.
Maintaining same stance, right side down block.
Left side in-to-out middle block.
Right side in-to-out middle block.
Left high-rising block.
Right high-rising block.
Left middle punch.
Right middle punch, yell (**ki-hap**).

Second Set

Left out-to-in middle block *in horseback stance.*
Maintaining same stance, Right out-to-in middle block.
Left (hand) side out-to-in high palm-heel block.
Right (hand) side out-to-in high palm-heel block.
Left palm sweep down block.
Right palm sweep down block.
Left high punch.
Right high punch, yell (**ki-hap**).

Third Set

Left single knife hand middle block *in horseback stance.*
Maintaining same stance, Right single knife hand middle block.
Left double knife hand low block.
Right double knife hand low block.
Left double knife hand middle block.
Right double knife hand middle block.
Right downward palm block followed by left augmented middle spear hand.
Left downward palm block followed by right augmented middle spear hand, yell (**ki-hap**).

Fourth Set

Moving left foot turn left 45 degrees, double down block in left natural stance, yell (ki-hap).

Right front stretch kick, *fighting position in original left natural stance.*
Right middle front kick, *step back to right back stance.*
Left middle front kick, *fighting position in left natural stance.*
Right high front kick, *step back, turn right 180 degrees,*

double down block *in right natural stance, yell (ki-hap).*

Left front stretch kick, *fighting position in original right natural stance*.
Left middle front kick, *step back to left back stance*.
Right middle front kick, *fighting position in right natural stance*.

Fifth Set

Turn left 90 degrees, fighting position in left natural stance, yell (ki-hap).

Left two-step side stretch kick (*with an intermediate position of right natural stance*).
Left two-step side stretch kick.

About face (dwi-roh do-rah) to fighting position in right natural stance, yell (ki-hap).
Right two-step side stretch kick.
Right two-step side stretch kick.

About face (dwi-roh do-rah) to fighting position in left natural stance, yell (ki-hap).
Left two-step middle side kick (*with an intermediate position of right natural stance*).
Left two-step hook kick (with sole of foot).

About face (dwi-roh do-rah) to fighting position in right natural stance, yell (ki-hap).
Right two-step middle side kick.
Right two-step hook kick. *Turn left 90 degrees, return to ready position (pa-roh).*

Sixth Set

Turn left 90 degrees, fighting position in left natural stance, yell (ki-hap).

Right fake groin kick followed by right high roundhouse kick (with instep).
Left back kick.
Right fake groin kick followed by right high roundhouse kick.
Left back kick.

About face (dwi-roh do-rah) to fighting position in right natural stance, yell (ki-hap).
Left fake groin kick followed by left high roundhouse kick.
Right back kick.
Left fake groin kick followed by left high roundhouse kick.
Right back kick. *Turn left 90 degrees, return to ready position (pa-roh).*

Seventh Set

Turn left 90 degrees, fighting position in left natural stance, yell (ki-hap).

Right roundhouse kick (with instep).
Left spinning hook kick (with sole of foot).
Left roundhouse kick.

About face (dwi-roh do-rah) to fighting position in right natural stance, yell (ki-hap).
Left roundhouse kick.
Right spinning hook kick.

Right roundhouse kick. *Turn left 90 degrees, return to ready position (pa-roh).*

Eighth Set

Attention position (cha-riut). **yell (ki-hap)**, Jump up (knees to chest).

Jump up, feet apart, touch toes in straddle position, *land and assume right natural stance.*

Left jumping front kick, *land in left natural stance.*

Right jumping front kick, *land in right natural stance.*

Left jumping roundhouse kick (with instep), *land in left natural stance.*

Right jumping roundhouse kick, *land in right natural stance.*

Left jumping back kick, *land in left natural stance.*

Right jumping back kick, *land in right natural stance.*

Left jumping side kick (to left side), *land in joon-bi stance.*

Right jumping side kick, **yell (ki-hap)**. *Return to ready position (pa-roh).*