

Escambia Martial Arts Handbook



Lil' Dragon The pathway from White to Black Belt

"The ultimate goal of Kyuki-Do is to spark the growth and development of the spirit, mind and body, and to encourage contribution for the greater good of society." - Grand Master Ok Hyung Kim

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The Student Pledge

All Kyuki-Do participants, from student to instructor to Master, must commit themselves to high behavioral and moral standards of excellence. Each participant is expected to learn and adhere to five ideals beneficial to their personal growth in Kyuki-Do. They pledge to conduct themselves accordingly both at the Dojang and in their daily life. Through this personal commitment the student of Kyuki-Do will improve the relationship between their own mind, body and spirit, as well as their relationship with the world around them.

1. I shall respect the instructor and all senior ranks.
2. I shall conduct myself in a respectful manner.
3. I shall respect the teachings of Kyuki-Do and never misuse them.
4. I shall always respect the rights of others.
5. I shall strive for camaraderie and peace in this world.

Tenets of Kyuki-do

A tenet is simply a principle, opinion or school of thought maintained by an individual or organization that provides direction towards an established goal. The five tenets of Kyuki-Do are as follows:

1. **Courtesy:** Treating people with the respect that they deserve.
2. **Humility:** Recognizing that no matter how great your accomplishments are, they do not make you a better person than anyone else.
3. **Integrity:** Knowing the difference between right and wrong, and choosing to do what is right.
4. **Perseverance:** Continuing even in the face of adversity.
5. **Self Control:** Exercising restraint over yourself, and being in command of your thoughts, feelings and actions.
6. **Indomitable Spirit:** The spark that gives you the power to persevere.

Theory of Power

1. **Concentration:** Delivering impact to the smallest target area, thereby concentrating the force and maximizing the effect, while focusing all of one's energy at the point of impact using Kihap (yell).
2. **Reaction Force:** Using reciprocal action during the execution of a technique to assist in maintaining balance and increasing force.
3. **Equilibrium:** Maintaining proper stability during the execution of techniques.
4. **Breath Control:** Exhaling at the point of impact to tighten muscles, flatten the stomach, and increase the speed of delivery.
5. **Speed and Mass:** Increasing the application of force by either accelerating the speed of the technique or by putting more body behind the delivery of the technique.

Escambia Martial Arts

Dojang Rules

1. Bow when entering and leaving the dojang.
2. Bow to the head instructor the first time you see him on that day, and always address him as “Sir” or “Sabom-nim”.
3. Bow to all black belts the first time you see him on that day, and always address them as “Sir” or “Mam”.
4. No Shoes on the mats, except those approved by the head instructor
5. Always turn away to adjust your dobok (uniform) or your dhee (belt). This is done out of respect.
6. Everyone should help in the setting up and the cleanliness of the dojang. Please use equipment respectfully.
7. Report all injuries to one of the instructors before the beginning of a class or test.
8. No food or drink in the training area, the only exception is drinks that are in a spill proof container.
9. Do not attend class under the influence of Alcohol or Drugs.
10. Do not try any technique until the instructor has shown them to you.
11. If you are late for class, once ready wait by the side of the mat until an instructor gives you permission to enter the mat.
12. If you must leave the training area during the class, inform the instructor and “bow out”.
13. Maintain discipline inside the school at all times, know the Kyuki-Do pledge and the Tenants of Kyuki-Do.
14. Light contact is allowed in sparring, and students are expected to use controlled techniques. Sparring is only permitted with the permission of the instructor.
15. Students are expected to be courteous at all times. They are to help there fellow students when ever possible.
16. The following areas are off limits without permission, the office and behind the entry desk. No one is allowed on school computers without permission from head instructor.

Yellow w/White Stripe Belt 21st Kup Rank Requirements

Must know the first Kyuki-Do Pledge, Kyuki-Do Tenant and first Theory of Power.

Must be in rank 1 to 2 months and have attended 16 classes.

Count to four in Korean .

Must have patches on Dobok.

Instructor's approval

Main focus;
Stances, chambers, kihaps

Hyung; Kibon – 12 steps, Kihap 1 & 12 *Lil' Dragon must know the first 4 moves, and translation.*

Translation: Basic or beginning;

Meaning: Principle building blocks for your training, both mental and physical.

12 represents the 12 months of the year.

This form or the white belt represents the month of January

One Steps;

1

Self defense;

Breakaway

1. Same side hand grab
 - * Outside Wrist Twist
2. Cross hand grab
 - * Outside Wrist Twist

Falls;

1. Back Fall – Hoobang Nakhbop

Stances;

1. Ready stance – Joonbi
2. Front stance – Ap sogi
3. Fighting Stance – Daeryon sogi

Blocks;

1. Guarding block—daebi makki
2. High block – San dan makki

Kicks;

From Back leg

1. Front snap – Ap chagi

Strikes;

1. Head punch (hi—mid—low)

Green w/White Stripe Belt 20th Kup Rank Requirements

Must know the first Kyuki-Do Pledge, Kyuki-Do Tenant and first Theory of Power.

Must be in rank 2 months and have attended 16 classes.

Count to ten in Korean .

Must have patches on Dobok.

Instructor's approval

Main focus;
Stances, chambers, kihaps

Hyung; Kibon – 12 steps, Kihap 1 & 12

Translation: Basic or beginning;

Meaning: Principle building blocks for your training, both mental and physical.

12 represents the 12 months of the year.

This form or the white belt represents the month of January

**One Steps;
1 & 9**

**Self defense;
Breakaway**

1. Same side hand grab
 - * Outside Wrist Twist
 - * Over the Shoulder
 - * Princess Elbow
 - * Step Across thumb down
2. Cross hand grab
 - * Outside Wrist Twist
 - * Over the shoulder
 - * Princess Elbow
 - * Forearm Push

Falls;

1. Back Fall – Hoobang Nakbop
2. Front Fall—Jeonbang Nakbop

Stances;

1. Ready stance – Joonbi
2. Front stance – Ap sogi
3. Fighting Stance – Daeryon sogi

Blocks;

1. Guarding block—daebi makki
2. High block – San dan makki
3. Middle block – Chun dan makki
4. Outside forearm block – Pahlmak makki

Kicks;

From Back leg

1. Front snap – Ap chagi
2. Front Thrust –
3. Crescent (Outside to inside) – Ap dollio

chagi

Strikes;

1. Head punch (hi—mid—low)

Kibon

Yellow Stripe Form ~ 11th kup

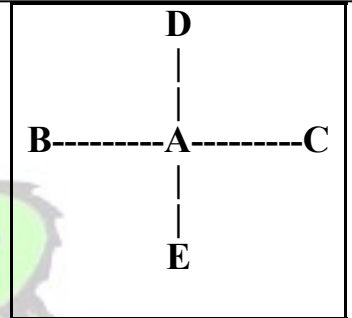
Form: Kibon

Steps: 12 (represents 12 months of a year and 12 Belts of Kyuki-Do)

Kihaps: 1 & 12

Meaning: Basic or beginning. Principle building blocks for your training both mental and physical.

Ready Stance: Parallel Stance



- 1) Begin by turning 90 degrees toward (B), forming a **left front stance** while executing a **left high block.. KIHAP**
- 2) Step forward forming a **Right Front Stance**, execute a **Right High Punch**.
- 3) Turn to your right 180 degrees toward (C) form a **Right Front Stance**, execute a **Right High Forearm Block**.
- 4) Step forward forming a **Left Front Stance**, execute a **Left High Punch**.
- 5) Turn to your left 90 degrees toward (D) form a **Left Front Stance**, execute a **Left High Forearm Block**.
- 6) Step forward forming a **Right Front Stance**, execute a **Right High Punch**.
- 7) Turn to your right 180 degrees toward (E) form a **Right Front Stance**, execute a **Right High Forearm Block**.
- 8) Step forward forming a **Left Front Stance**, execute a **Left High Punch**.
- 9) Pivot on Left foot to your right 180 degrees toward (D) form a **Right Front Stance**, execute a **Right High Forearm Block**.
- 10) Maintain **Right High Forearm Block** while executing a **Left Front Snap Kick**; land forming a **Left Front Stance**.
- 11) Immediately execute a **Left High Punch**.
- 12) Maintain Stance, execute a **Right High Reverse Punch. KIHAP**

Left foot returns to **Parallel Stance** at (A) facing (D).

Blue w/White Stripe Belt 19th Kup Rank Requirements

Must know the 1st and 2nd Kyuki-Do Pledge, Kyuki-Do Tenant, and Theory of Power.

Must be in rank for 2 months and attend 16 classes.

Instructor's Approval.

Main focus;

Stances, chambers, kihaps

Hyung; Kicho – 24 steps, Kihap 1, 8 & 24 Lil Dragons for this belt are only required to know the first eight moves.

Meaning: Foundation;

A solid foundation on which to build and develop your martial arts potential.

24 steps represents the twenty-four hours in a day.

This form represent the month of February.

One Steps;

10, 11

**Self defense;
Breakaway**

1. Two hand grab
 - * Outside Wrist Twist
 - * Princess Elbow
2. Shoulder Grab
 - * I have a Question—Swing

Falls;

Stances;

1. Back Stance - dwi sogi

Blocks;

1. Low Forearm Block - haran makki

Kicks;

From Back leg

1. Outside Cressent—Ahp Tollyo Chagi

Strikes;

1. Fork finger -

Red w/White Stripe Belt 18th Kup Rank Requirements

Must know the 1st and 2nd Kyuki-Do Pledge, Kyuki-Do Tenant, and Theory of Power.

Must be in rank for 2 months and attend 16 classes.

Instructor's Approval.

Main focus;

Stances, chambers, kihaps

Hyung; Kicho – 24 steps, Kihap 1, 8 & 24 Lil Dragons required to know through move 18,

Meaning: Foundation;

A solid foundation on which to build and develop your martial arts potential.

24 steps represents the twenty-four hours in a day.

This form and the Yellow Stripe represent the month of February.

One Steps;

2, 3, 10, 11

**Self defense;
Breakaway**

1. Two hand grab
 - * Outside Wrist Twist
 - * Over the Shoulder
 - * Princess Elbow
2. Shoulder Grab
 - * I have a Question—Swing
 - * I have a Question—Elbow

Falls;

Stances;

1. Back Stance - dwi sogi

Blocks;

1. Inside circular forearm block – ahn palmok makki
2. Low Block - haran makki

Kicks;

From Back leg

1. Step around side thrust - bpal-diro omgyo yup chagi
2. Outside Cressent—Ahp Tollyo Chagi

Strikes;

1. Back fist - deung joomok darigi
2. Fork finger -

Camo w/White Stripe Belt 17th Kup Rank Requirements

Must know the 1st and 2nd Kyuki-Do Pledge, Kyuki-Do Tenant, and Theory of Power.

Must be in rank for 2 months and attend 16 classes.

Instructor's Approval.

Main focus;

Stances, chambers, kihaps

Hyung; Kicho – 24 steps, Kihap 1, 8 & 24

Meaning: Foundation;

A solid foundation on which to build and develop your martial arts potential.

24 steps represents the twenty-four hours in a day.

This form and the Yellow Stripe represent the month of February.

One Steps;

2—5, 10, 11

Self defense;
Breakaway

- Two hand grab
 - * Outside Wrist Twist
 - * Over the Shoulder
 - * Princess Elbow
 - * Bounce
 - * I surrender
- Shoulder Grab
 - * I have a Question—Swing
 - * I have a Question—Elbow

Falls;

- Back Roll ~ Hoobang hejeon

Stances;

- Back Stance - dwi sogi

Blocks;

- Inside circular forearm block – ahn palmok makki
- Low Block - haran makki

Kicks;

From Back leg

- Step around side thrust - bpal-diro omgyo yup chagi
- Round House—Tollyo Chagi
- Outside Cressent—Ahp Tollyo Chagi

Strikes;

- Back fist - deung joomok darigi
- Fork finger -

Kicho

Yellow Belt Form ~ 10th kup

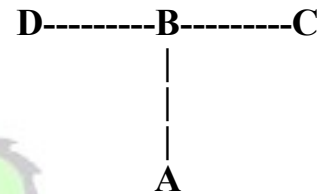
Form: Kicho

Steps: 24 (represents 24 hours in a day)

Kihaps: 1, 8 & 24

Meaning: Foundation. A solid foundation on which to build and develop your martial arts potential.

Ready Position: Parallel Stance



- 1) Step toward (B) form a **Left Front Stance**, execute a **Left Low Forearm Block**. **KIHAP**
- 2) **Maintain Stance**, execute a **Left Middle Section Block**.
- 3) Move forward executing a **Right Front Snap Kick**; land forming a **Right Front Stance**.
- 4) **Maintain Stance**, execute a **Right Middle Punch**.
- 5) Move forward executing a **Left Front Snap Kick**; land forming a **Left Front Stance**.
- 6) **Maintain Stance**, execute a **Left Middle Punch**.
- 7) Continue moving forward, forming a **Right Front Stance**, execute a **Right Middle Punch**.
- 8) **Maintain Stance**, execute a **Left Middle Reverse Punch**. **KIHAP**
- 9) Turn your left side (counter-clockwise) 270 degrees toward (C) form a **Left Back Stance**, execute a **Left Inside Circular Forearm Block**.
- 10) Shift left foot forming a **Left Front Stance**, execute a **Left Low Forearm Block**.
- 11) **Maintain Stance**, execute a **Left Middle Section Block**.
- 12) Move forward executing a **Right Front Snap Kick**; land forming a **Right Front Stance**.

Kicho

Yellow Belt Form ~ 10th kup

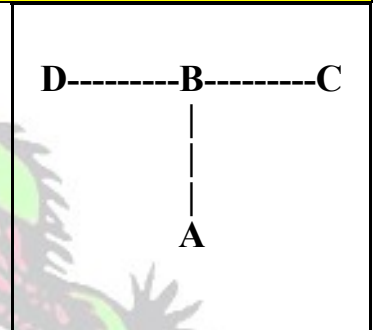
Form: Kicho

Steps: 24 (represents 24 hours in a day)

Kihaps: 1, 8 & 24

Meaning: Foundation. A solid foundation on which to build and develop your martial arts potential.

Ready Position: Parallel Stance



- 13) **Maintain Stance**, execute a **Right Middle Punch**.
- 14) Turn your right side (clockwise) 180 degrees toward (D) form a **Right Back Stance**, execute a **Right Inside Circular Forearm Block**.
- 15) Shift to your right forming a **Right Front Stance**, execute a **Right Low Forearm Block**.
- 16) **Maintain Stance**, execute a **Right Middle Section Block**.
- 17) Move forward executing a **Left Front Snap Kick**, land forming a **Left Front Stance**.
- 18) **Maintain Stance**, execute a **Left Middle Punch**.
- 19) Turn to your left side (counter-clockwise) 90 degrees towards (A) form a **Left Front Stance**, execute a **Left Low Forearm Block**.
- 20) Step up step out forming a **Left Front Stance**, execute a **Left Middle Section Block**.
- 21) Step forward forming a **Right Front Stance**, execute a **Right Middle Punch**.
- 22) Step forward forming a **Left Front Stance**, execute a **Left Middle Punch**.
- 23) Step forward forming a **Right Front Stance**, execute a **Right Middle Punch**.
- 24) **Maintain Stance**, execute a **Left Middle Reverse Punch**. *KIHAP*

Left foot returns to **Parallel Stance** at (A) facing (B). This involves a 180 degree counter-clockwise turn.

Green w/ Black Stripe Belt 16th Kup Rank Requirements

Must know all Kyuki-Do Pledges, Kyuki-Do Tenants, and Theory of Power.

Must be in rank 2 months and have attended 18 classes.

Instructor's Approval.

Main focus;

Slow, pressing techniques, exaggerate chambers and stances and critique all movements

Hyung; Kyuki II Chang – 30 steps, Kihap 1, 12, 16, & 30 Lil Dragons required to know the first 6 moves.

Meaning: Spark Spirit

Kyuki-Do's Ability to awaken the spiritual potential within each of us.

30 represents the months that have only 30 days.

This form or the yellow belt represents the month of March.

One Steps;

7, 8

**Self defense;
Breakaway**

1. Single Lapel
 - A) Chicken Wing
 - B) S Move
 - C) Arm Bar
 - D) Outside wrist twist

Falls;

Stances;

1. Horse Stance—Kimo Sogi

Blocks;

1. Double knife hand block—Sang sohn-kal makgi
2. Low double knife hand block—Ha-dan Sang sohn-kal makgi

Kicks;

1. Sliding front snap
2. Sliding round house
3. Sliding side thrust

Strikes;

1. Forearm Slam

Blue w/ Black Stripe Belt 15th Kup Rank Requirements

Must know all Kyuki-Do Pledges, Kyuki-Do Tenants, and Theory of Power.

Must be in rank 2 months and have attended 18 classes.

Instructor's Approval.

Main focus;

Slow, pressing techniques, exaggerate chambers and stances and critique all movements

Hyung; Kyuki II Chang – 30 steps, Kihap 1, 12, 16, & 30 Lil Dragons need the first 16 moves.

Meaning: Spark Spirit

Kyuki-Do's Ability to awaken the spiritual potential within each of us.

30 represents the months that have only 30 days.

This form or the yellow belt represents the month of March.

One Steps;
6—8, 18

Self defense;
Breakaway

1. Single Lapel
 - A) Chicken Wing
 - B) Spaghetti Break
 - C) Arm Bar
 - D) Outside wrist twist

2. Double Lapel
 - A) Weave
 - B) Arm Bar
 - C) Elbow Slam
 - D) Rake the Arm

Falls;

Stances;

1. Horse Stance—Kimo Sogi
2. Side Stance—Yop Sogi

Blocks;

1. Middle knife hand block
2. Double knife hand block—Sang sohn-kal makgi
3. Low double knife hand block—Ha-dan Sang sohn-kal makgi

Kicks;

1. Sliding front snap
2. Sliding round house
3. Sliding side thrust
4. Twist Kick

Strikes;

1. Clearing knife hand
2. Elbow slam

Red w/ Black Stripe Belt 14th Kup Rank Requirements

Must know all Kyuki-Do Pledges, Kyuki-Do Tenants, and Theory of Power.

Must be in rank 2 months and have attended 18 classes.

Instructor's Approval.

Main focus;

Slow, pressing techniques, exaggerate chambers and stances and critique all movements

Hyung; Kyuki II Chang – 30 steps, Kihap 1, 12, 16, & 30 Lil Dragons must know the first 24 moves
Meaning: Spark Spirit
Kyuki-Do's Ability to awaken the spiritual potential within each of us.
30 represents the months that have only 30 days.
This form or the yellow belt represents the month of March.

One Steps;

6—8, 16—18

Self defense; Breakaway

1. Single Lapel

- A) Chicken Wing
- B) Spaghetti Break
- C) Arm Bar
- D) Outside Wrist Twist

2. Double Lapel

- A) Weave
- B) Arm Bar
- C) Elbow Slam
- D) Rake the Arm

3. Two Hand Choke

- A) Rake the eyes
- B) Thumbs to the chest
- C) Two finger poke (be very careful)

Falls;

Stances;

1. Horse Stance—Kimo Sogi
2. Side Stance—Yop Sogi

Blocks;

1. Middle knife hand block
2. Hook block -
3. Double knife hand block—Sang sohn-kal makgi
4. Low double knife hand block—Ha-dan Sang sohn-kal makgi

Kicks;

1. Sliding front snap
2. Sliding round house
3. Sliding side thrust
4. Turning Side
5. Twist Kick

Strikes;

1. Palm Strike (Hi, Mid, Low)
2. Forearm Slam
3. Elbow slam

Camo w/ Black Stripe Belt 13th Kup Rank Requirements

Must know all Kyuki-Do Pledges, Kyuki-Do Tenants, and Theory of Power.

Must be in rank 2 months and have attended 18 classes.

Instructor's Approval.

Main focus;

Slow, pressing techniques, exaggerate chambers and stances and critique all movements

Hyung; Kyuki II Chang – 30 steps, Kihap 1, 12, 16, & 30

Meaning: Spark Spirit

Kyuki-Do's Ability to awaken the spiritual potential within each of us.

30 represents the months that have only 30 days.

This form or the yellow belt represents the month of March.

One Steps;

6—8, 14—18

Self defense; Breakaway

1. Single Lapel
 - A) Chicken Wing
 - B) Spaghetti Break
 - C) Arm Bar
 - D) Outside Wrist Twist
2. Double Lapel
 - A) Weave
 - B) Arm Bar
 - C) Elbow Slam
 - D) Rake the Arm
3. Two Hand Choke
 - A) Rake the eyes
 - B) Thumbs to the chest
 - C) Two finger poke (be very careful)

Falls;

1. Side Fall—Cheukbang nakbop

Stances;

1. Horse Stance—Kimo Sogi
2. Side Stance—Yop Sogi

Blocks;

1. Middle knife hand block
2. Hook block -
3. Double knife hand block—Sang sohn-kal makgi
4. Low double knife hand block—Ha-dan Sang sohn-kal makgi

Kicks;

1. Sliding front snap
2. Sliding round house
3. Sliding side thrust
4. Turning Side
5. Step Behind Side Thrust
6. Twist Kick

Strikes;

1. Clearing knife hand
2. Forearm Slam
3. Elbow slam

Kyuki II Chang

Green Stripe Form ~ 9th kup

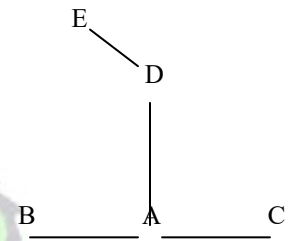
Form: Kyuki il Chang

Steps: 30 (represents the months with only 30 days)

Kihaps: 1, 12, 16 & 30

Meaning: Spark Spirit. Kyukido's ability to awaken the spiritual potential within each of us.

Ready Stance: Closed Stance AKF Hand Position



- 1) Begin by stepping toward (B), forming a **left back stance** while executing a **left double knife hand block**. *KIHAP*
- 2) Shift left foot toward B, forming **left front stance** while executing a **right open hand middle block**.
- 3) Hook right hand and step with left foot onto line (AB) into a **horse riding stance**. Execute a **left forearm strike** to the elbow.
- 4) Slide left foot to right into a **closed stance**. Step out with right foot into a **right back stance** while executing a **right double knife hand block**.
- 5) Shift right foot toward (C), forming **right front stance** while executing a **left open hand middle block**.
- 6) Hook left hand and step with right foot onto line (AC) into a **horse riding stance**. Execute a **right forearm strike** to the elbow.
- 7) Slide right foot to left foot into a **closed stance**. Step out with left foot toward (D), forming a **left back stance** while executing a **left double knife hand block**.
- 8) Slide left foot toward (D), forming a **left front stance**. Reach out with left hand and grab opponent's head. Execute a **reverse elbow strike** with your right elbow coming to meet your left hand.
- 9) Step forward with your right foot into a **right back stance** while executing a **right double knife hand block**.
- 10) Slide right foot toward (D), forming a **right front stance**. Reach out with right hand and grab opponent's head. Execute a **reverse elbow strike** with your left elbow coming to meet your right hand.
- 11) Step forward toward (D), forming a **left front stance**. Execute a **left middle punch**.
- 12) **Maintain stance**. Execute a **right middle reverse punch**. *KIHAP*
- 13) Look to your left at a 45-degree angle toward (E), and bring your hands up to a **guarding position**. Execute a **right roundhouse kick**. Landing in a **right front stance** facing (E). *Immediately execute step 14.*

Kyuki Il Chang

Green Stripe Form ~ 9th kup

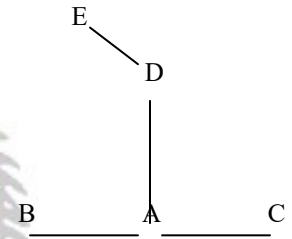
Form: Kyuki il Chang

Steps: 30 (represents the months with only 30 days)

Kihaps: 1, 12, 16 & 30

Meaning: Spark Spirit. Kyukido's ability to awaken the spiritual potential within each of us.

Ready Stance: Closed Stance AKF Hand Position



- 14) Maintain stance and execute a **right open hand middle block**.
- 15) Maintain stance and execute a **left high reverse palm hand strike**.
- 16) **Maintain stance and execute a right high palm hand strike. KIHAP**
- 17) Stepping backwards toward **(A)**: bring right foot to left foot forming a **closed stance**. Step back with left foot into a **right back stance** executing a **right low double knife hand block**.
- 18) Step out with the right foot into a **right front stance** and execute a **left middle reverse punch**.
- 19) Maintain stance. Execute a **right middle punch**.
- 20) Step backwards toward **(A)** into a **left back stance** executing a **left low double knife hand block**.
- 21) Step out with the left foot into a **left front stance** and execute a **right middle reverse punch**.
- 22) Maintain stance. Execute a **left middle punch**.
- 23) Step backward toward **(A)** forming a **right fixed stance**. Execute a **right low block**.
- 24) Step backward toward **(A)** forming a **left fixed stance**. Execute a **left low block**.
- 25) Step toward **(B)** with left foot forming a **left side stance** and guarding to the left with a **guarding block**.
- 26) Move toward **(B)** with a left **step-behind side thrust**. As landing in a **Left side stance** execute step 27.
- 27) Maintain stance. Execute an **left clearing knife hand strike**.

Kyuki Il Chang

Green Stripe Form ~ 9th kup

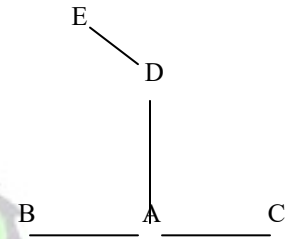
Form: Kyuki il Chang

Steps: 30 (represents the months with only 30 days)

Kihaps: 1, 12, 16 & 30

Meaning: Spark Spirit. Kyukido's ability to awaken the spiritual potential within each of us.

Ready Stance: Closed Stance AKF Hand Position



- 28) Look over your right shoulder toward (C). Bring left foot to right in a **closed stance**. Step out toward (C) with right foot into a **right side stance** while executing a **guarding block** toward C.
- 29) Move toward (C) with a right **step-behind side thrust**. As landing in a **right side stance** immediately execute step 30.
- 30) Maintain stance. Execute an **right clearing knife hand strike**. *Kihap*

Right foot returns to **Closed Stance** at (A) facing (D). Hands are in AKF hand position.



Appendix I: Kyuki-Do One-Steps

One-steps are a formalized way to practice self defense. All basic one-steps are executed against an attacker stepping in with a high section straight punch. At higher ranks, students will be expected to defend against multiple attacks, attacks to different targets or freestyle attacks.

When asked to move inside or outside a punch, this move is to be done at 45 degree angle with your attacker. When this move is done properly you should be closer to your attack and be able to reach them with both hands and feet.

The following list of one-steps may be modified to meet individual student preferences.

EMA: One Step One: (Closed Acceptance - Right High Punch) - **Rising Sun**

Slide right foot back to form left front stance, at same time execute left high block. Execute three (3) middle punches.

EMA: One Step Two: (Closed Acceptance - Right Punch) - **Outside – Outside 1**

Slide outside your opponents punch (at a 45 degree angle to your opponent) at the same time perform outside forearm block. Execute three (3) middle punches.

EMA: Ones Step Three: (Closed Acceptance - Right Punch) – **Outside – Outside 2**

Slide outside your opponents punch (at a 45 degree angle to your opponent) at the same time perform outside forearm block. Execute two (2) middle punches, then execute a round house kick back leg.

EMA: Ones Step Four: (Closed Acceptance - Right Punch) – **Outside – Middle 1**

Slide outside your opponents punch (at a 45 degree angle to your opponent) at the same time perform a right middle forearm block. Execute three (3) middle punches.

EMA: Ones Step Five: (Closed Acceptance - Right Punch) – **Outside – Middle 2**

Slide outside your opponents punch (at a 45 degree angle to your opponent) at the same time perform a right middle forearm block. Execute two (2) middle punches, then execute a round house with the back leg.

EMA: Ones Step Six: (Closed Acceptance - Right Punch) – **Outside hook twist**

Slide outside your opponents punch (at a 45 degree angle to your opponent) at the same time perform a right middle hook block. Execute twist kick with inside leg.

EMA: Ones Step Seven: (Closed Acceptance - Right Punch) – **Inside – Middle 1**

Slide inside your opponents punch (at a 45 degree angle to your opponent) at the same time perform a middle forearm block with outside arm and at the same time punch to the head with inside hand. Execute three (3) middle punches.

EMA: Ones Step Eight: (Closed Acceptance - Right Punch) – **Inside – Middle 2**

Slide inside your opponents punch (at a 45 degree angle to your opponent) at the same time perform a middle forearm block with outside arm and at the same time punch to the head with inside hand. Execute two (2) middle punches, then with outside leg execute a round house to opponents side.

EMA: Ones Step Nine: (Closed Acceptance - Right Punch) **Slide back front**

Slide back, execute a front leg front snap.

EMA: Ones Step Ten: (Closed Acceptance - Right Punch) **Slide back round**

Slide back, execute a front leg round house.

EMA: Ones Step Eleven: (Closed Acceptance - Right Punch) **Slide back side**

Slide back, execute a front leg Side Thrust.

EMA: Ones Step Twelve: (Closed Acceptance - Right Punch) – **Inside Clearing**

Slide back the opposite foot of punch to form back stance and execute an inside circular forearm block with lead arm. Slide front foot to change to a side stance then execute a clearing hand strike to side of neck.

EMA: Ones Step Thirteen: (Closed Acceptance - Right Punch) – **Outside Clearing**

Slide back the same side foot as punch to form a back stance and execute an inside circular forearm block with lead hand. Slide front foot to change to a side stance then execute a clearing hand strike to side of neck.

EMA: Ones Step Fourteen: (Closed Acceptance - Right Punch) – **Inside 3 step**

Slide back the opposite foot of punch to form back stance and perform a double knife hand block (Inside opponents guard). With the lead leg, transition to a front stance and perform an outside knife hand block. Now with the blocking hand hook opponent's wrist, pull opponents arm and at the same time take lead leg transition into a horse stance as well as execute a forearm strike to the elbow.

EMA: Ones Step Fifteen: (Closed Acceptance - Right Punch) – **Outside 3 step**

Slide back the same foot of punch to form back stance and perform a double knife hand block (Outside opponents guard). With the lead leg, transition to a front stance and perform an outside knife hand block. Now with the blocking hand hook opponent's wrist, pull opponents arm and at the same time take lead leg transition into a horse stance as well as execute a hammer fist to opponents collar bone.

EMA: Ones Step Sixteen: (Closed Acceptance - Right Punch) – **Inside Knife Palm**

Slide inside your opponents punch to a horse stance (45 degree angle), perform an middle knifehand block then execute two high palm strikes.

EMA: Ones Step Seventeen: (Closed Acceptance - Right Punch) – **Outside Knife Palm**

Slide outside your opponents punch to a horse stance (45 degree angle), perform an middle knifehand block then execute two high palm strikes.

EMA: Ones Step Eighteen: (Closed Acceptance - Right Punch) – **Elbow Slam**

Slide back foot into a back stance and perform a double knife hand block. Step forward into a left front stance grab the back of your opponents neck and excute an elbow slam.

EMA: Ones Step Nineteen: (Closed Acceptance - Right Punch) – **Over Kill**

Moving inside to a horse stance (45 degree angle) at the same time execute a left hand middle knifehand block and a right inside knifehand strike to the neck. Grabbing your opponents right wrist perform a right outside knifehand stike to the neck. Grab the collar and execute three knee stikes to the chest, completing this by stepping forward with your right foot and pushing your opponent away.

EMA: Ones Step Twenty: (Closed Acceptance - Right Punch) – **Outside Crescent Round**

Perform a front leg inside to outside crescent (this should move the punch). Switch feet and execute a low-high roundhouse kick.

EMA: Ones Step Twenty-One: (Closed Acceptance - Right Punch) – **Inside Crescent side**

Sliding back execute a back leg outside to inside cressant kick, then same leg perform a mid section side thrust. Place the kicking leg down in front and then execute a turning side thrust placing kicking leg down in front instead of returning.

EMA: Ones Step Twenty- Two: (Closed Acceptance - Right Punch) – **Inside Elbow Single leg takedown**

Stepping out with left leg into a left front stance at the same time perform a single inside parry then a right elbow slam to the ribs. Execute a one leg take down (opponent's right leg) stepping to the outside of your opponent with your right leg and perform a right hand palm strike to the face.

EMA: Ones Step Twenty-Three: (Closed Acceptance - Right Punch) – **Outside Elbow Single leg takedown**

Stepping out with left leg into a left front stance at the same time perform a double parry. Grabbing your opponent's sleeve with your right hand and perform a left vertical elbow stike to the ribs. Execute a one leg take down (opponent's right leg) stepping to the outside of your opponent with your right leg and perform a right hand palm strike to the face.

EMA: Ones Step Twenty-Four: (Closed Acceptance - Right Punch) – **Drag from behind**

Stepping out with left leg into a left front stance at the same time perform a double parry. Continue stepping and behind your opponent and perform a shoulder drop.

EMA: Ones Step Twenty-Five: (Closed Acceptance - Right Punch) – **Arm Drag**

EMA: Ones Step Twenty-Six: (Closed Acceptance - Right Punch) – **Elbow Arm Bar**

Step out with the front foot to a front stance, and with the right hand perform a high sectional open hand block. Turning in to your opponent into a horse stance grasp the wrist from the blocking hand to a hook grip with the other hand perform a forearm slam.

Hang onto the wrist stepping forward with the left foot perform an open hand armbar.

EMA: Ones Step Twenty-Seven: (Closed Acceptance - Right Punch) – **Figure four lock 1**

Step out with the front foot to a front stance, and with the right hand perform a high sectional open hand block. With blocking hand hook wrist, with opposite hand knife strike inner elbow (causes arm to bend). With striking hand continue on through to form a figure form lock. Move back leg behind opponent's leg then rotate your body placing your opponent in front of you, while performing this slide hooking hand to the back of the opponents hand which allows you to bend opponents wrist. Now that the opponent is laying in front of you place one knee on the ribs and one on the neck. Pull up on bent wrist to get opponent to tap.

EMA: Ones Step Twenty-Eight: (Closed Acceptance - Right Punch) – **Figure four lock 2**

Move back leg inside to form a front stance while performing a hooking block with lead hand. Thrust trailing arm up under hooked arm of your opponent, with other forearm press opponents forearm to form a figure 4 lock. Step forward placing your leg behind your opponent's leg and bringing your opponent down in front of you. Lift on arm bringing your opponent up on his shoulder and lifting leg over your opponent's body, this foot needs to be close to body and place other knee behind opponents head. Now turn upper body towards your opponents head this should cause your opponent to tap.

EMA: Ones Step Twenty-Nine: (Closed Acceptance - Right Punch) – **Modified Windmill**

Move lead foot outward forming a horse stance facing your opponent at the same time trap your opponents hand (lead hand under opponents arm and trailing hand in front of your arm and opponent's arm). Grasp wrist with inside hand and pull and elbow strike opponents ribs with opposite arm at the same time placing lead leg behind opponent's leg. Placed grasped arm over your head, then at the same time pop the back of your opponent's knee and push his body back with the free arm.

EMA: Ones Step Thirty: (Closed Acceptance - Right Punch) – **Circular Wrist lock**

Step to the outside of your opponent, at the same time with the lead hand hook wrist to wrist and move arm in a circular pattern (when this circle is done you should be 90 degrees to your opponents side.). As the opponent hand starts to circle up grab thumb side of hand with hooking hand and your other hand grab opposite side of hand (opponent's fingers should be up). With opponents arm straight and your thumbs on the back of opponent's hand, with fingers pull on wrist and push on back of hand with thumbs.

EMA: Ones Step Thirty-One: (Closed Acceptance - Right Punch) – **Circular V lock take down**

Move back leg to position yourself at a 45 degree angle to the inside of your opponent. At the same time use trailing arm to hook opponent's wrist spinning in circle, as the hand comes up hooking hand should grab back on hand (finger side) your other grab the other side of hand. Now with your front leg continue to pivot 180 degrees and at the same time continue the motion of the hand. (The hand should move down again, your opponent might flip to avoid the pain or not and you will break the wrist and possible the elbow and shoulder.)