

Escambia Martial Arts Handbook



Dragons and Adults 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

This copy belongs to:

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 their 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.

White Belt 12th Kup Rank Requirements

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

Count to ten in Korean .

Must have patches on Dobok.

Main focus;

Stances, chambers, kihaps

Hyung; Kibon – 12 steps, Kihap 1 & 12

Meaning: Basic or beginning;

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. Rising Sun
2. Moving Tide
3. Side Pump

Self-defense;
Breakaway

1. Same side hand grab
 - * Outside Wrist Twist
 - * Over the Shoulder
 - * Princess Elbow
 - * Hand to Belly
2. Cross hand grab
 - * Outside Wrist Twist
 - * Over the shoulder
 - * Princess Elbow
 - * Hand to Belly

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
4. Horse Stance – Kima Sogi
5. Attention Stance - Charyot

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. Basic Side Thrust
4. Crescent (Outside to inside) – Ap dollio chagi

Strikes;

1. (hi—mid—low) punches

Yellow Stripe -11th Kup Rank Requirements

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

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;

4. Side Swipe
5. Tiger Side Step
6. Dragon Side Step

Self-defense;

1. Two hand grab
 - * Outside Wrist Twist
 - * Over the Shoulder
 - * Princess Elbow
 - * Bounce
 - * I surrender
2. Shoulder Grab
 - * I have a Question—Swing
 - * I have a Question—Elbow
 - * Push Off
3. Basic Grab Advanced
 - * Outside wrist twist followed with 3 punches High Middle, Middle
 - * Over the shoulder followed with knee strike
 - * Upper cut elbow followed with backfist
4. Basic Grab Advanced Plus
 - * All basic grabs with students choice of ending

Falls;

1. Back Roll ~ Hoobang hejeon

Stances;

1. Back Stance - dwi sogi

Blocks;

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

Kicks;

From Back leg

1. Step around side thrust - bpal-diro omgyo yup chagi
2. Round House—Tollyo Chagi
3. Inside to Outside Crescent
4. Step in Front Roundhouse

Strikes;

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

Yellow Belt – 10th Kup Rank Requirements

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

Main focus;

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

Hyung; Kyuki Il 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;

7. Dragon Trap
8. Invading Dragon
9. Jar Your Mind
10. Rock Your World

Self-defense; Breakaway

1. Single Lapel
 - A) Outside Block to Forearm
 - B) Arm Scoop
 - C) Thumb Lock
2. Double Lapel
 - A) Arm Scoop
 - B) Pop the Elbows
 - C) Weave
3. Two Hand Choke
 - A) Two finger press (Not right now)
 - B) Rake the Eyes
 - C) Step Back Palm to Wrist

Falls;

1. Side Fall—Cheukbang nakbop

Stances;

1. Side Stance—Yup 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. Spinning Side Thrust
5. Step Behind Side Thrust

Strikes;

1. Clearing knife hand (Outward)
2. Outside Forearm
3. Front Elbow Strike
4. Ridgehand Strike
5. Palm Strike (Hi, Mid, Low)

Green Stripe -9th Kup Rank Requirements

Written answer: When did Kyuki-Do begin and when did the AKF begin?

Main focus;

Power with all techniques

Hyung; Kyuki Yee Chang – 31 steps, Kihap 1, 9 & 31

Meaning: Spark Mental

Kyukido's ability to awaken the mental potential within each of us.

31 steps represents the months that have 31 days.

This form or the green stripe belt represents the month of April.

One Steps:

11. Over Kill
12. Double Tap
13. Heart Stopper

Self-defense:

Getaways:

1. 2 Hand Choke from behind
 - A. Head Under Spin Out
 - B. Shoulder into Chest
 - C. I Got a Question
2. 2 Hand grab from behind
 - A. Boney Butt
 - B. Kung Phooey
 - C. Windmill
3. Bear Hug from behind
 - A. Boney Butt
 - B. Drop and fly
 - C. Windmill

Falls:

1. Forward Roll *stay down*

Stances:

1. Fixed Stance—Kyojang sogi

Blocks:

1. Box block—Sang sohn palmok makgi
2. Augment middle forearm—kodoro makgi
3. Wedging Knifehand block
4. Low open hand palm heel

Kicks:

1. Low, high front snap
2. Low, high round house
3. Low, high side thrust
4. Back leg axe kick
5. Back leg Hookkick

Strikes:

1. Turning Punch
2. Upper cut elbow
3. Side Punch
4. Twin Rear Elbow Strike
5. Upper cut
6. Twin face punch

Green Belt - 8th Kup Rank Requirements

Written answer to the following questions: 1. Translate Kyuki-Do. 2. Also in Korean, "Kyuki-Do literally means?

Main focus;

Control - Stop at the target with fast strikes and kicks.

Hyung; Kyuki Sam Chang – 29 steps, Kihap 1, 7, 20 & 29

Meaning: Spark Physical:

Kyukido's ability to awaken the physical potential with each of us.

29 steps represent the 29 days of February in a leap year.

This form or the green belt represents the month of May.

One Steps;

14. Neck Strike
15. Rib Grind
16. Rib Break

Self-defense;

Arm Bars

Understand what is being locked in an armbar.

Understand the concept of anchoring and leverage as it pertains to an armbar.

Understand how the pinky finger of the hand provides the location of the elbow.

Understand the directions of an armbar.

Demonstrate armbar from grabs from the wrist, sleeve, shoulder and back of neck.

An armbar can be done in one way but there are numerous ways of doing it.

Falls, and Rolls;

1. Forward Roll to standing position
2. Back Roll to standing position

Pins;

1. Kesa Gatame (Scarf Hold)
2. Makura Kesa Gatame (Pillow Scarf Hold)

Stances;

1. Kneeling Front Stance

Blocks / Deflects;

1. Low X block
2. High X block
3. Rising knife hand block
4. Push boulder - double palm heel pressing

Kicks;

1. Jump front snap kick (Front leg)
2. Jump Round house kick (Front leg)
3. Jump Side Kick (Front leg)
4. Hook Kick (Front Leg)
5. Twist Kick
6. Sliding Twist Kick
7. Switch kick

Strikes;

1. Reverse knifehand strike
2. Augmented elbow
3. Spin elbow
4. Hammer Fist

Blue Stripe - 7th Kup Rank Requirements

Essay Question: What are the three (3) main arts that comprise Kyuki-Do, and what was obtained from each of these arts.

Main focus;

Control - Stop at target with snappy powerful techniques

Hyung; Guen Bon – 28 steps, Kihap 1, 16, 25 & 28

Meaning: Roots:

Representing the past experiences of those who have gone before us and given of themselves for our benefit.

28 steps represent the 28 days in February in a non-leap year.

This form or the blue stripe belt represents the month of June.

One Steps;

17. Snatch and Grab
18. Pendulum
19. Elbow Arm Bar

Self-defense; Wrist Locks

Understanding the concept of a wrist lock.

Understanding the wrist is a universal joint and there are numerous ways in which to lock it.

understand anchoring and leverage and focal point as it applies to the wrist.

Demonstrate wristlocks from wrist, sleeve, shoulder and lapel grabs.

Falls, and Rolls;

1. Forward Roll with kick
2. Side fall with kick
3. Back Fall with kick

Judo;

O Soto Gari – Major Outside Reap

Pins;

3. Kuzure Kata Gatame (Modified Shoulder hold)
4. Mune Gatame (Chest Hold)

Stances;

Review all stances

Blocks / Deflects;

1. Nine block
2. High knife hand deflect (Salute Block)
3. Mid / Low Kyuki-do block
4. Modified Box Block

Strikes;

1. Reverse ridge hand
2. Reverse back hand

Kicks;

From back leg

1. Faint front snap, Front Snap in the air
2. Faint front snap, Roundhouse in the air
3. Faint front snap, Side Thrust in the air
4. Knee Strike
5. Hapkido heel kick

Blue Belt - 6th Kup Rank Requirements

Question: "Kyuki-Do is a living, growing martial art", what does this mean? (In your own words)

Main focus;

Smooth, flowing self-defense and one steps without hesitation

Hyung; Chon Ji In Il Chang – 33 steps, Kihap 1, 14, 25 & 33

Meaning; Sky: The limitless potential for the development and well-being of the individual.

33 steps represent infinity

This form or the blue belt represents the month of July.

One Steps;

20. Outside Figure 4
21. Inside Figure 4
22. Windmill
23. Heavy Hand Trap Outside
24. Heavy Hand Trap Inside

Self-defense;

Same Side Wrist Grab with take down

1. Step across take down
2. Hip Pin take down
3. Chicken Wing take down
4. Pancake
5. Pass the hand, side thrust armbar

Falls, and Rolls;

Review

Pins;

5. Hiza Hara Gatame (Knee to Chest hold)
6. Kuzure Mune Gatame (Modified Chest Hold)

Judo;

0 Goshi – Major Hip

Stances;

Review

Blocks / Deflects;

1. Deflection Block (Perry)
2. Middle Section Corkscrew Trap (In to Out)
3. Heel Press (heel pushing block)

Strikes;

1. Spear Hand Strikes (Horz. & Vert.)
2. Arc hand strike

Kicks;

1. Spin crescent
2. Spin hook
3. Flying side thrust

Brown Stripe - 5th Kup Rank Requirements

Question: Written answer, Describe the different elements of the Korean and American Flag and give there meaning?

Main focus;

Smooth, flowing self-defense and one steps without hesitation

Hyung; Chon Ji In Yee Chang – 33 steps, Kihap 1, 24, 28 & 33

Meaning: Earth: Earth, which has served as the one constant for the development of humanity.
33 steps represent infinity

This form or the blue stripe belt represents the month of August.

One Steps;
Review

Self-defense;

Same Side Wrist Grab with take down

6. Guillotine
7. Z move
8. Walking Hold (Thumb outside)
9. Shoulder Break
10. Driving Shoulder Lock

Falls, and Rolls;

Diving over object

1. Jump and roll and stay
2. Jump and roll and stand

Judo;

Ippon Seionagi – One Arm Shoulder Throw

Pins;

7. Kuzure Yoko Shiho Gatame (Modified Side Four Corner Hold)
8. Kami Shiho Gatame (Upper Four Corner Hold)

Blocks / Deflects;

1. Cat Stance

Blocks / Deflects;

1. Open Knifehand box block
2. Outward ridge hand block

Strikes;

1. Augmented Spear
2. Augmented Vertical Punch
3. Vertical Punch

Kicks;

1. Jump, Spin side thrust
2. Jump Spin Crescent

Brown Belt - 4th Kup Rank Requirements

Question: Written answer, Explain what each of the colors of the belts signify starting at white through black?

Main focus; Review and Perfect previous techniques

Hyung; Chon Ji In Sam Chang - 33 steps, Kihap 1, 17, & 33

Meaning: People: Human kind, which fills the cosmos with hopes, dreams, and the uniqueness within each person; which together with the earth and heaven makes up the universe in which we live.

33 steps represent infinity.

This form or the brown belt represent the month of September.

One Steps;
Review

Falls, and Rolls;
Review

Self-defense;

Cross Hand Wrist Grab with take down

1. Elbow Arm Bar (Review)
2. Step across Bent Elbow (2 versions)
3. Reverse Pancake
4. Knife Defense
5. Upward Elbow Armbar (T-Wrap)

Pins;

9. Kuzure Kami Shiho Gatame (Modified Upper Four Corner Hold)
10. Ushiro Kesa Gatame (Reserve Scarf Hold)

Stances;

X-Stance

Blocks / Deflects;

1. Twin Palm Heel Pushing Block (Push the Boulder)

Strikes;

1. Upper cut ridge hand
2. Spin back fist
3. Jump back fist

Kicks;

1. Tornado kick
2. Butterfly kick
3. Spin sweeping Hook

Red Stripe – 3rd Kup Rank Requirements

Question: Written answer, Which is your favorite Tenant and why?

Main focus; Controlling ones breathing and power.

Hyung; Man Nam – 52 steps, Kihaps 3, 18, 32, 42, & 50

Meaning: Meet or gather together: Learning from contact, we are the sum total of all the experiences we have had, represented by the coming together of the practitioner and the bo staff.

52 steps represent the 52 weeks in a year.

This form or the red stripe belt represent the month of October

One Steps;
Review

Falls, and Rolls;
Review

Self-defense;
Lapel Grab

1. Bent Arm Wrist Lock
2. Side Wrist Lock
3. Elbow Armbar (Review)
4. Driving Shoulder Wrap
5. Arm up Choke

Double Lapel Grab;

1. Sankyo (Broken Wing)
2. Elbow Armbar (Review)
3. Pressure Point Choke

Pins;

11. Tate Shiho Gatame
(Vertical Four Corner)
12. Kata Gatame (Shoulder Hold)

Blocks / Deflects;

1. Bo Staff blocks

Kicks;

1. Step, spin low sweep
2. Spin sweep
3. Jump spin heel

Strikes;

1. Multiple Strikes on target 30 seconds
2. Combination Strikes moving down floor
3. Bo Staff strikes

Red Belt 2nd Kup Rank Requirements

Teaching low rank techniques , improving all basics, leading the class in warm ups, being an example to all others, and being an asset to the school.

Question: Written answer, Why are the pledges important to us as a Martial Artist?

Main focus;

Control and Power

Hyung; Ka Chi – 36 steps, Kihaps 1, 17, & 36
Meaning: Go together: Sharing the journey of life

36 steps represents the minimum number of months that a dedicated student will take to travel the path from white belt to black belt.

This form or the red belt represent the month of November.

Falls, and Rolls;
Review

Self-defense; Demonstrate Getaways /
Takedowns from all grabs that student has
learned.

1. Same Side Grab
2. Cross hand Grab
3. Sleeve Grab
4. Two hand Grab
5. Shoulder Grab from any direction
6. Bear Hug
7. Two Hand Grab from rear
8. Lapel Grab
9. Double Lapel Grab

Judo:

Okuri Ashi Harai- Sliding Ankle
Sasae Tsurikomi Ashi -Propping Ankle

Blocks / Deflects;

1. Combinations in place
2. Combinations moving down the floor
3. Deflects and Blocks for Round Kicks
4. Review all Basics

Kicks;

1. Combinations moving down the floor
2. Review all basics

Strikes;

1. Combinations in place
2. Combinations moving down the floor
3. Review all basics

Black Stripe - 1st Kup Requirements

Teaching low rank techniques, improving all basics, leading the class in warm ups,, being an example to all others, and being an asset to the school.

Instructors recommendation to the Federation.

History and knowledge of Kyuki-do.

Written Test

Essays (2)

Black Belt Questions

Sa Rang – 33 steps, (33 steps represents infinite or perfection)

Kihaps: 1, 14, & 33

Meaning: Love: The willingness to sacrifice yourself for the benefit of someone or something in which you believe.

Kyuki-Do Nakbop Hyung – 12 steps, (12 steps represents number of months and number of Kyuki-Do color belts)

Kihaps: None

Meaning: The form of Falling.

These forms or the black stripe belt represent the month of December.

Weapons Form you must create at least 30 moves.

One Steps;
Review All

Falls, and Rolls;
Review All

Self-defense; Student begins creating own self-defense techniques.

Pins;
Demonstrate the pinning form.

Blocks / Deflects;
Review all techniques

Kicks;
Review all techniques

Strikes;

1. Augmented Knuckle Strike
2. Review all techniques

Appendix I: EMA 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.

The following list of one-steps may be modified **Appendix I: EMA 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: Ones Step Two: (Closed Acceptance - Right Punch) **Moving Tide**

Slide back, execute a front leg front snap.

EMA: Ones Step Three: (Closed Acceptance - Right Punch) **Side Pump**

Step to the side at 90 degree angle execute a Side Thrust kick.

EMA: Ones Step Four: (Closed Acceptance - Right Punch) **Side Swipe**

Step forward at 45 degree angle outside opponent's punch, execute a back leg round house.

EMA: Ones Step Five: (Closed Acceptance - Right Punch) - **Tiger Side Step**

Slide outside your opponent's 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 Six: (Closed Acceptance - Right Punch) - **Dragon Side Step**

Slide outside your opponent's 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 Seven: (Closed Acceptance - Right Punch) - **Dragon Trap**

Slide outside your opponent's 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 Eight: (Closed Acceptance - Right Punch) - **Invading Dragon**

Slide inside your opponent's 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) - **Jar Your Mind**

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

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

EMA: Ones Step Ten: (Closed Acceptance - Right Punch) - **Rock Your World**

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 opponent's neck and execute an elbow slam.

EMA: Ones Step Eleven: Overkill

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 opponent's right wrist perform a right outside knifehand strike to the neck. Grab the collar and execute three knee strikes to the chest, completing this by stepping forward with your right foot and pushing your opponent away.

EMA: Ones Step Twelve: Double Tap

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 Thirteen: Heart Stopper

Sliding back execute a back leg outside to inside crescent 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 Fourteen: Neck Strike *Demonstrate - Inside and Outside the Punch* 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 Fifteen: Rib Grind

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 Sixteen: Rib Break

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 strike 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 Seventeen: – Snatch and Grab

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 Eighteen:– Pendulum Arm Drag**EMA: Ones Step Nineteen:– 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 into 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: Outside Figure 4

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-One: (Closed Acceptance - Right Punch) – Inside Figure 4

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 opponent's head this should cause your opponent to tap.

EMA: Ones Step Twenty-Two: Windmill

Move lead foot outward forming a horse stance facing your opponent at the same time trap your opponent's 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 Twenty-Three: Heavy Hand Trap Outside

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 opponent's 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 Twenty-Four: Heavy Hand Trap Inside

Move to position yourself at a 45-degree angle to the inside of your opponent. At the same time use lead hand 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.)