

2nd Gup Red Belt One-Step Requirements

#5. The defender steps back with the left leg into a fighting stance while executing an outside/ inside right palm block in a downward motion to the attacker's right wrist. The defender then crosses arms in front of the body and steps into horse stance while delivering a right knife hand strike to the attacker's neck. The defender then slides back into a right leg forward fighting stance and executes a high right leg side kick. Landing in a front stance, the defender executes a left hand reverse middle punch then a right hand high punch.

#6. The defender steps 45° inward and to the left into horse stance and delivers an inside/ outside right knife hand block to the attacker's right wrist. Defender then executes a left hand middle punch followed by a right hand high punch. The defender then shifts to a left foot forward front stance and delivers a middle round kick with the right leg landing behind the attacker's right leg in a horse stance. Defender then delivers a right inside/outside high knife hand attack to the back of the neck. The defender picks up the right foot and steps into a front stance in front of the attacker's right foot and follows with a left hand middle reverse punch.

#7. The defender steps 45° inward and to the right with hands chambered above the right hip into horse stance while simultaneously delivering a left knife hand block to the attacker's right wrist and a right outside/ inside knife hand strike to the temple. The defender then grabs the attacker's right wrist with the left hand while the right hand grabs the lapel. Stepping with the right leg behind the attacker's right leg, the defender then executes a sweep and take down landing with the right foot back in a side stance while maintaining control of the attacker's wrist with a left hand self-defense grip. The defender then executes a downward reverse punch with the right hand to the attacker's face.

#8. The defender steps back with the right leg into a fighting stance while executing an inside/ outside left knife hand block to the attacker's right wrist and then grabs the wrist. The defender then steps inward 180° with the right leg into a horse stance while delivering a high outside/inside elbow attack and then returns to right leg rear fighting stance. While maintaining grasp of attacker's wrist, the defender then performs a high right leg round kick and steps behind the attacker's front leg into horse stance. The defender then executes a right hand back fist to the attacker's temple and then grabs the left shoulder with the same hand. With the right leg, the defender sweeps the attacker's front leg landing the right foot back into a side stance and executes a downward reverse punch with the right hand to the attacker's face.

#9. The defender steps back with the left leg into a fighting stance while executing an outside/ inside right palm block to the attacker's right wrist. The defender then crosses arms in front of the body and steps into right foot forward horse stance while delivering a right arm elbow strike to the attacker's solar plexus. This is followed by a right hand hammer fist to the groin. Defender then crosses arms and executes a right hand back fist to the right side of the attacker's head. Shifting back into a fighting stance, defender executes a right leg front wheel kick and lands in a horse stance followed by a right hand back fist. The defender then shifts to a right leg forward front stance and delivers a left hand reverse two finger attack to the attacker's eyes.