

Basic one steps - All start at Choon Be

Notes: You are defending yourself against a punch to the face. Every time a technique is executed, the other hand must be at the hip. Last technique ends with a Ki Hap.

1. **Il Bon** - Both hands to R hip, step on an angle towards opp. in horsestance with R foot, at the same time L open hand block and R punch to face
2. **E Bon** - L hand on L hip, R punch extended, R knee up, step down on an angle towards opp, L middle punch, both hands to R hip, twist L front stance, at the same time L open hand block and R knife hand strike to opp neck
3. **Sam Bon** - L hand on L hip, R punch extended, R knee up, step down on an angle toward opp, L middle punch, cross hands in front of face with L hand on outside, L back fist strike to temple, R hand to hip, front stance
4. **Sa Bon** - R hand open block across face to L while picking up R knee facing L landing towards opp in horsestance, cross hands in front of face with R hand on outside, R back fist up and over to bridge of nose, L hand to hip
5. **O Bon** - R hand open block across face to L while picking up R knee facing L landing towards opp in horsestance, with L hand reinforcing the R elbow to opp chest while facing them (Ki Hap), extend both arms towards the back and shift over to L elbow with R hand reinforcing to opp chest while looking at opp, bring R foot around look back to front (intent of sweeping opp)
6. **Yuk Bon** - R hand push block across face to L and down passed the outside of raised R knee, cross arms in front of chest w/ R hand on the outside, R back fist strike to opp temple in horsestance
7. **Chil Bon** - R hand push block across face to L and down passed the outside of raised R knee, cross arms in front of chest w/ R hand on the outside, R knife strike to opp neck in horsestance
8. **Phal Bon** - Step out w/ L foot towards opp, fist of L hip, make L open push block in R front stance, twist R middle punch in front stance
9. **Koop Bon** - Frame hands to L side, step with L foot, hop to back stance with R foot front, making double open hand block at opp elbow and wrist, step out w/ L foot in front stance, twist R middle punch to lower ribs, twist L punch to arm pit, twist R punch to face
10. **Sip Bon** - Step out with L foot front stance L high block, R punch to face while block is out, pull back R hand towards chest twist R punch to opp groin and hold