



# Mantkd: 1 step

- No.1 Chun bi...Move to right (left) Back stance – Knife hand guard – lunge forward punch (Sam Jang, pattern P3)
- No.2 Chun bi...Move to right (left) front stance – high block – neck strike (Sah Jang, P4)
- No.3 Chun bi...Move back right (left) knife hand guard and block – step forward – palm pressing block with over knife hand strike (Sah Jang, P4)
- No.4 Chun bi...move to right (left) kyorugi stance guarding – front kick – down to back fist front stance (Oh Jang, pattern P5)
- No.5 Chun bi...move to right (left) back stance – knife hand block – move forward – elbow strike to side of head (Oh Jang, P5)
- No.6 Chun bi...move to right (left) Kyorugi stance guarding – side kick with over leg strike – drop down into front stance with elbow mid-section strike (Oh Jang, P5)
- No.7 Chun bi...Move to right (left) kyorugi stance guarding – front kick – land with back fist cross stance lunge stamp (Oh Jang, P5)
- No.8 Chun bi...front stance twisted knife hand centre block left (right) turning kick right leg – kyorugi stance guarding (Yuk Jang, P6)
- No.9 Chun bi...move back – outer palm hand block – rotate – back side fist (P5-P6)
- No.10 Chun bi...move to right (left) wedging block – break hands on raised knee – driver upper thrust into ribs and back into front stance guarding cross block (Chil Jang, P7)
- No.11...Chun bi...move left (right) short stance side back fist - crescent kick to head – horse riding stance elbow to ribs (Chil Jang, P7)
- No.12 Chun bi...move to right (left) back stance kyorugi guarding – double front kick – front stance elbow, back fist, punch (Pal Jang. P8)
- No.13 Chun bi...move to left (right) back stance guarding block – double side kick – front stance knife hand strike (Koryo)
- No. 14 Chun bi...Move to right (left) low section knife hand block – front kick – down into front stance – arc hand strike to neck (Koryo)
- No.15 Chun bi...Move to right (left) Knife hand block and punch – move in with side kick – Kyorugi guarding block (Koryo)
- No.16 Chun bi...move back – move into Santeul makki with horse riding stance – swivel reverse - elbow and punch in horse riding stance (Keumgang)

## Basic knife defence:

- No.1 Attacker lunges with straight knife thrust to opponent's abdomen. Defender slide back, grab out hand near wrist, continue with circular rotation of body and forcing attacker to loose balance. Reverse wrist hold direction to lock hand of attacker, apply force to take attacker to ground and secure hold.
- No.2 Attacker swings knife at opponent's neck, face area. Defender slides back, using opposite hand in outward knife hand block, whilst grabbing attacker's wrist. Continue in downwards direction, whilst rotating body and using same

side hand to push against attacker elbow joint, forcing them onto floor and lifting attacker's knife hand up stationary.