

## Chapter 13: Foot Defense

All attacks are a high right hand punch from a left low block in front stance to the person executing the following techniques from a Fighting Stance.

- 12a. **FRONT** Snap Kick with right rear foot then, right high punch & reverse left center punch. Advanced - perform with a Jump right Front Snap with back leg then right high punch & reverse left center punch.
- 12b. **SIDE** Kick turning w/ rear foot
- 11a. **OUTSIDE-INSIDE** Kick w/ rear right foot, then right center punch in horse stance
- 11b. **SIDE Kick** w/ front foot (jumping)
- 10a. **INSIDE-OUTSIDE** (Right Back Stance) Kick with Left back foot (downward kick) then right uppercut to solar plexus. Advanced - perform with Jump I/O kick.
- 10b. **BACK** Kick w/ rear foot
- 9a. **OUTSIDE-INSIDE** Kick with rear foot, then side kick w/ same foot, then land in a fighting stance
- 9b. **OUTSIDE-INSIDE** Kick with rear foot, step down close, then back kick with opposite foot
- 8a. **ROUNDHOUSE** Kick w/ rear foot to temple
- 8b. **JUMP ROUNDHOUSE** kick with back foot
- 7a. **FRONT** Kick w/ rear foot (jumping). From Left Back Stance, raise the left knee and kick with right foot.
- 7b. **HOOK** Kick, skip in with w/ front foot to temple
- 6a. **REVERSE ROUNDHOUSE** Kick with Left Lead foot (Left Back Stance), then Yuk Soo Do to left temple
- 6b. **SIDE** Kick w/ rear foot (flying). Launch on Left foot and perform a turning right side kick.
- 5a. **BACK** Kick w/ rear (jumping)
- 5b. **BACK** Kick w/front foot (jumping and turning)
- 4a. **X KICK** - Step into Left Front Stance, perform open x-block, grab wrist & **SIDE** kick with rear foot to ribs
- 4b. **FRONT** Kick with back foot (jumping), then **ROUNDHOUSE** kick with the other foot
- 3a. **OUTSIDE-INSIDE** Kick with front foot, then step, then **O/I** with same foot (option: jumping)
- 3b. **HOOK** Kick w/front foot, OPTION: precede with a sweep
- 2a. **BACK** Kick w/ front foot (spinning), OPTION: sweep first
- 2b. **INSIDE-OUTSIDE** Kick with rear foot, then Roundhouse with front foot
- 1a. **FRONT Snap kick, Roundhouse kick , then Back Kick** with alternating feet
- 1b. **TURNING Side, Back Kick then Pete Cha Gi** with alternating feet