



# World Class Institute of Martial Arts

## II Soo Sik for RED BELTS, with BB add-ons

1. A. In to Out soo-do block (right to left) and hold arm with left hand. Punch to head at same time with right.  
B. Snap kick with right leg while holding arm.  
C. Arm throw while turning counter clockwise.  
*BB – Add Arm Bar*
2. A. In to Out soo-do block (right to left) and hold arm with left hand. Punch to head at same time with right.  
B. Elbow strike with right arm.  
C. Execute a side soo do strike with right hand to neck (keep contact with neck). Side kick top front of leg.  
D. Wrap right arm around neck and pull back into hugul jaseh  
*BB – Add guillotine choke; flippy thing (lift on L; push down on R; chop)*
3. A. X Block right to left while stepping back into hugul jaseh with left leg, pulling arm with left hand.  
B. Elbow strike with right arm.  
C. Turn under arm while in Keema Jaseh.  
D. Left leg wheel kick to opposite leg/thigh  
E. Pull their arm down with left low block - you're to his front 45° on the low block.  
F. Right hand punch to head  
*BB – add in C – lock, in tight*
4. A. X Block right to left while stepping back into hugul jaseh with left leg, pulling arm with left hand.  
B. Elbow strike with right arm.  
C. Step under arm in Front Stance. While holding arm with left hand, pulling opponents arm behind their back, and stepping back with left leg at the same time.  
D. Right Knee to leg; side or back of thigh. (*BB – to tailbone*)  
E. Ridge hand with right hand to get choke around front of neck.  
*BB – Drop straight down to the ground.*
5. A. Catch incoming punch with both hands in a downward stroke, pulling opponents body toward you. In same movement, use right elbow to hit incoming face / neck area.  
B. Soo do strike neck with right hand.  
C. Sidekick knee to ground  
D. Punch to shoulder blade with left  
E. Palm Strike with right across chest area to throw opponent down  
*BB – Palm to forehead instead of strike. Then, “four corners” position across chest and arm locks.*
6. A. Soo do block with right hand . Simultaneous strike with left fist to head  
B. Roundhouse to groin/inner thigh area.  
C. Sidekick knee to ground  
D. Reverse punch to back  
E. Ridgehand choke with right arm, pulling opponent's middle back down on your bent right knee.  
*BB – Forehead slam to the ground*
7. A. Soo do block with left and grab, palm strike to face – both at same time, stepping straight in.  
B. Kick groin with right leg  
C. Huffle-shuffle® sweep with right leg  
*BB – Choi Ha Dan Soo Do Mahkee Jaseh application / arm bar over knee*
8. A. Soo do block with left hand, elbow to head/neck area with right at same time.  
B. Extend right hand/arm behind opponent's neck  
C. Knee Kick  
D. Step under arm in Front Stance. Turn your back to their back.  
E. Ridgehand right arm around for choke and pull opponent off ground by neck  
*BB – Further turn for stronger/more effective choke*
9. Leg Trap Takedown.
10. Leg Trap Takedown. Other Side.
11. Reverse Drag against Round House Kick  
*BB – “Gifi Wrap”*
12. Reverse Drag against Round House Kick. Other Side  
*BB – “Gifi Wrap”*