



II Soo Sik (One-Step) Combinations for **Under** Red Belts

1. WHITE: In to Out Open Hand Block / Punch (same time); Grab & hold with your LH; Lead Leg Front Kick, Punch R, Punch L
2. YELLOW: In to Out Open Hand Block / Punch (same time); Side Knife Hand Strike; Side Kick, Punch, Punch
3. ORANGE: Open Hand Block with Palm (fingers up) Push, Elbow; Back Kick, Reverse Punch
4. O/STRIPE: Open Hand Block with Palm (fingers up) Push, Elbow, step back Elbow; twist to front & Knee Kick, Punch, Open Hand Strike
5. GREEN: Soo Do Block, Side Soo Do Strike; Side Kick, Punch, Punch
6. GREEN 1: Soo Do Block, Punch Solar Plex, Punch High; Roundhouse Kick, Side Soo Do Strike, Reverse Punch
7. GREEN 2: Soo Do Block / Palm Strike to face (same time); Sweep, Punch
8. GREEN 2: Soo Do Block / Elbow (same time); step through Roundhouse Kick, Back Fist, Elbow, Sweep, Punch



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