



World Class Institute of Martial Arts

E Dan Basic Action Combinations

1. E Dan Basic Action #1

- Lead leg kick while doing double pliar hand-high.
- Land with lead elbow across.
- Spinning backfist with opposite hand.

Application against sword/bat/long weapon being swung overhead.

- Lead leg kick to stun while stopping weapon with double pliar hand-high (catch).
- When you land, immediately use your elbow to attacker's elbow for hyperextension.
- Spin to right like spinning backfist motion to disarm.
- Finishing move is your option.

2. E Dan Basic Action #2

- Jump back / Shuffle forward-fast-with “warrior hands” using an out-to-in motion.
- Palm strike down with lead hand, toward cross side of body.
- Spin to right with elbow across.

Application against sword/bat/long weapon being swung side to side toward you.

- Jump back out of the way, then quickly to inside to stop attack.
- As you shuffle in, use knife edge of arms to stop/hyperextend/break arm/elbow of attacker.
- Palm strike down to attacker's other wrist (on arm that you did not break), to release grasp of weapon, while at same time using your other hand to gain control of weapon.
- Grab/cup end of weapon with your hand that just did palm strike, and spin to right like spinning backfist motion to disarm.
- Finishing move is your option.

3. E Dan Basic Action #3

- Base leg kick to inside thigh pressure point of attacker, while doing opposite hand “tiger claw”
- “Tiger claw” with other hand, while twisting into a backward front stance.

Application against sword/bat/long weapon being swung side to side toward you.

- Base leg kick to inside thigh pressure point of attacker, while using “tiger claw” to stop weapon and/or weapon hand of attacker.
- “Tiger claw” to attacker's jaw to push away, while you twist your body into a backward front stance, to disarm.
- Finishing move is your option.



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4. E Dan Basic Action #4

- Step back with Elbow Down (like elbow down #2)
- Step back with other leg/opposite side with Elbow Down (like elbow down #2)
- Shuffle in with elbow across.
- Step, elbow across.
- Elbow Up
- Elbow Down

Application against knife/short weapon being swung thrust toward you.

- Step back and block and catch attacking hand (like in elbow down motion.)
- Step back other direction and metacarpal attacking hand. Option here for metacarpal take down.
- Elbow across to jaw
- Step and next elbow across will pull attacking arm to your body for hyperextension/break. If you can get in a strike with the elbow while doing this it's "bonus pain."
- Elbow up to chin (Option here to bring attacker's arm up high if he is on the ground, to get attacker in position for you to do arm bar. Or other application of your own design. See instructor for details.)
- Elbow down to solar plexus. (Option here for arm bar across your leg if you are on the ground, or other application of your own design. See instructor for details.)

5. E Dan Basic Action #5

- Step 45° in Sa Ko Rip Jaseh with Spear Hand.
- Opposite hand Spear Hand.
- Opposite hand Spear Hand.
- Knee kick with back knee, while hand is doing downward soo do chop (almost looks like scissors motion.)
- Step with front leg with elbow down like in elbow down #2.
- 180° spinning jump back to front in fighting stance.

Application against knife/short weapon being swung thrust toward you.

- Step 45° using left hand to deflect punch/thrust and inserting right hand under arm of attacker.
- Switch to opposite hand spear hand which brings attacker into arm lock.
- Switch to opposite hand spear hand again to further lock up attacker, and free right hand for soo do chop to back of neck while bringing up your right knee for knee kick to solar plexus.
- Step left foot in front of attacker and hip throw.
- Jump in air as your spinning back around to the front to stomp their head/jaw to the ground as attacker is trying to get up.