



**World Class Federation of Martial Arts**  
**II Soo Sik for RED BELTS, with BB add-ons**

1. In to Out open hand block (right to left) and hold arm with left hand. Punch to head at same time with right.  
Snap kick with right leg while holding arm.  
Arm throw while turning counterclockwise.  
*BB – Add Arm Bar*
2. In to Out open hand block (right to left) and hold arm with left hand. Punch to head at same time with right.  
Elbow strike with right arm.  
Execute a twisting side open hand strike with right hand to neck (keep contact with neck). Side kick top front of leg.  
Wrap right arm around neck and pull back into fighting stance  
*BB – Add guillotine choke; flippy thing (lift on L; push down on R; chop).*
3. X Block right to left while stepping back into fighting stance with left leg, pulling arm with left hand.  
Elbow strike with right arm.  
Turn under arm while in horse rider stance.  
Left leg wheel kick to opposite leg/thigh  
Pull their arm down with left low block - you're to his front 45° on the low block.  
Right hand punch to head  
*BB – add in C – lock, in tight*
4. X Block right to left while stepping back into fighting stance with left leg, pulling arm with left hand.  
Elbow strike with right arm.  
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.  
Right Knee to leg; side or back of thigh. (*BB – to tailbone*)  
Ridge hand with right hand to get choke around front of neck.  
*BB – Drop straight down to the ground.*



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5. Open hand block with right hand. Simultaneous strike with left fist to head  
Roundhouse to groin/inner thigh area.  
Sidekick knee to ground  
Reverse punch to back  
Ridge hand choke with right arm, pulling opponent's middle back down on your bent right knee.  
*BB – Forehead slam to the ground*
  
6. Deflect/ Grab 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.  
Open hand strike neck with right hand.  
Sidekick knee to ground  
Punch to shoulder blade with left  
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.*
  
7. Open hand block with left and grab, palm strike to face – both at same time, stepping straight in.  
Kick groin with right leg  
Huffle-shuffle<sup>®</sup> sweep with right leg  
*BB – follow opponent to ground low knife hand/ arm bar over knee*
  
8. Open hand block with left hand, elbow to head/neck area with right at same time.  
Extend right hand/arm behind opponent's neck  
Knee Kick  
Step under arm in Front Stance. Turn your back to their back.  
Ridge hand right arm around for choke and pull opponent off ground by neck  
*BB – turn toward full nelson choke hook kick*
  
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