



**World Class Federation of Martial Arts**  
**Il Soo Sik (One-Step) Combinations for Under Red Belts**



1. WHITE: (Move Right) Left In to Out Open Hand Block / Right Punch (same time)
2. YELLOW: (Move Right) Left In to Out Open Hand Block / Right Punch (same time); Step Elbow; Twisting Side Knife Hand Strike
3. ORANGE: (Move Back) X Block right to left while stepping back grab arm, Elbow
4. O/STRIPE: (Move Back) X Block right to left while stepping back grab arm, Elbow, Spin under arm regrip other arm, Elbow
5. GREEN: (Move Left) Right In to Out Open Hand Block / Left Punch (same time)
6. GREEN 1: (Move Left) Deflect grab; Elbow, Side hand Strike
7. GREEN 2: (Move Forward) Open Hand Block / Palm Strike to face (same time)
8. GREEN 2: (Move Forward) Open Hand Block / Elbow (same time)



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