

# ***PART SEVEN***

## *Free Style Multiple Sparring*

## **I. So Saeng (Formation)**

### **1) LEFT PUNCH TO FACE RIGHT PUNCH TO STOMACH**

Left Inward Circular Block upwards and downwards continuously

Right punch to stomach

Right hook punch

Put your right hand to your opponent's under left arm and with left hand hold his head

Execute left knee strike to stomach and continue to throw him down

Lock his left hand

### **2) LEFT BACKFIST STRIKE RIGHT BACKFIST STRIKE**

Right Inward Circular Block

Left Inward Circular Block

Palm strike to stomach

Execute right choke strike

Execute major outer reaping

Hold his right hand

Execute "arm-bar"

### **3) LEFT MIDDLE PUNCH RIGHT MIDDLE PUNCH**

Right circular trapping block

Left circular trapping block

Right backfist strike

Right hook punch

Hold his face with left hand

Execute right knifehand strike to neck

Encircle left hand to his neck

Execute side throw

Execute choke

## II. Jang Sung (Growth)

### 4) RIGHT FRONT SNAP KICK RIGHT PUNCH TO FACE

Left press block  
Block right knifehand strike  
Grasp his right hand  
Right turning kick and continuously  
right "Kabuto" kick (to his back side)  
Execute "Kani-basami" his right leg  
Throw him down pulling his right hand  
Left turning kick to back of neck  
Strangle his neck ridding his back.

### 5) RIGHT PUNCH TO FACE RIGHT TURNING KICK

Outer knifehand block  
Uphold his taming kick  
Pulling him toward yourself  
Execute left push kick to his supporting leg and  
Pull him close to yourself  
Lock his ankle with your left leg

### 6) LEFT SIDE PIERCING KICK LEFT BACKFIST STRIKE

Block downward with left hand  
Block his backfist strike with inner block  
Right middle punch to his side  
Right hook punch  
Spin, Grasp his left hand  
Throw him down executing "Kani-basami" to his stomach part  
Strike his face with right "Kabuto-otoshi"  
Lock his left hand

### **III. Wan Sung (Perfection)**

#### **7) LEFT SIDE PIERCING KICK RIGHT BACK KICK**

Left leg slide back  
Parry down with left hand (downward)  
Spinning upper parry with left hand  
Spinning right elbow strike  
Right choke strike  
Throw him down with right major outer reaping  
Encircling his right hand to his neck  
Execute choke

#### **8) RIGHT TURNING KICK LEFT TURNING KICK**

Block the knifehand with left hand  
Spin, executing inner block with left hand  
Left knee down, right back hand  
Executing left punch and continuing to grasp left lapel with left hand,  
Left elbow sleeve with right hand  
Push knees by both legs  
?????Lock with right leg

#### **9) LEFT FRONT SNAP KICK RIGHT BACK KICK**

Block the kick with left push kick  
Execute right low kick to his inside of the right thigh  
Throw him down upholding his right leg with left leg  
Execute right hammer strike and continue to  
Strangle his neck with right hand