

BASIC ONE STEPS OF  
SAN KIL TANG SOO DO®



STUDY GUIDE FOR GUPS  
BASIC ONE-STEPS #1 THRU #10

# TABLE OF CONTENTS

<u>Description</u>	<u>Page</u>
Introduction.....	2
Explanation of Choon Bee Jaseh.....	2
One Steps Nos. 1 & 2.....	3
One Steps Nos. 3 & 4.....	4
One Steps Nos. 5 & 6.....	5
One Steps Nos. 7 & 8.....	6
One Steps Nos. 9 & 10.....	7

# INTRODUCTION

This study guide is intended to assist the beginning San Kil Tang Soo Do® student with concepts of self-defense utilizing the basic one-steps formulated by Kwan Jang Nim David Sgro, founder of San Kil Tang Soo Do®. Students should receive formal lessons in these techniques from a certified instructor prior to using this guide. These concepts may be practiced alone or with a partner. When working alone, careful attention should be paid to proper stance work and body mechanics. When working with a partner, attention should also be paid to proper focus of techniques to target areas. Always show proper discipline and respect for your partner while training with these concepts.

As you become more familiar with the concepts, your instructor will introduce you in new ways to practice them involving: changes in timing, alternating footwork, adding additional techniques (such as strikes, kicks, wrist locks, takedowns, etc.), and continuous interaction.

Practice these techniques, using them as your foundation to self-defense. Remember that a strong foundation is the best way to aid your martial arts study.

**TANG SOO!**

## Choon Bee Jaseh (Ready Stance)



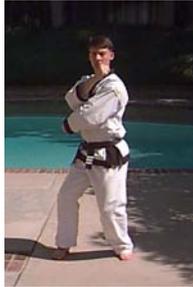
Choon Bee Jaseh

Choon Bee is a state of being prepared with the body, mind and spirit. While in ready stance, your body should be relaxed, knees should be slightly bent, and attention should be focused at the horizon. Your mind should be clear, ready to act and set the body in motion as the situation dictates. Your spirit should be attentive, focusing on everything and nothing simultaneously. Using all of your senses, you should be aware of everything happening around you. Awareness is the most important aspect of self-defense.

# BASIC ONE STEP #1



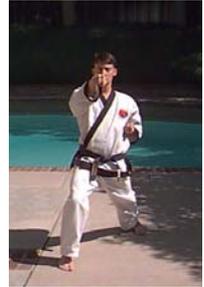
Choon Bee Jaseh



Frame for Block



High Block (L)



High Punch (R)

From a ready stance (**choon bee**):

- **Prepare** for a high block with the left hand. Your elbows should be held close together with the right hand held high covering the face.
- Execute a **high block** with the left hand. Action blocks an oncoming strike or grab. Pull the right hand back to a chamber over the hip.
- Stepping with the right leg into a front stance, execute a **high punch**. When practicing alone, imagine striking your opponent at the in choong (between mouth and nose).

# BASIC ONE STEP #2



Choon Bee Jaseh



Frame for Block



Knife Hand Block (L)



Uppercut (R)

From a ready stance (**choon bee**):

- **Prepare** for an inside/outside knife hand block with the left hand. Preparation is essentially the same as in No. 1.
- Execute a **knife hand block** with the left hand. Action should be in a sweeping circular motion in front of the body.
- Stepping with the right leg into a horse stance, execute an **uppercut**. When practicing alone, imagine striking your opponent below the jaw.

# BASIC ONE STEP #3



Choon Bee Jaseh



Palm Heel Block (R)



High Knife Hand (R)

From a ready stance (**choon bee**):

- Execute a falling **palm heel block** with the right hand. Your right hand should follow a circular path, rising to above the face then falling, sweeping away an oncoming strike or grab.
- Stepping with the right leg into a horse stance, execute a **high knife hand** strike with the right hand. When practicing alone, imagine striking your opponent on the temple, jaw, or neck. Pull the left hand back to a chamber.

# BASIC ONE STEP #4



Choon Bee Jaseh



Palm Heel Block (R)



Backfist Strike (R)

From a ready stance (**choon bee**):

- Execute a right-to-left **palm heel block** with the right hand. Action should clear an oncoming strike or grab.
- Stepping with the right leg into a horse stance, execute a **backfist strike**. When practicing alone, imagine striking your opponent at the in choong (between mouth and nose). Pull the left hand back to a chamber.

# BASIC ONE STEP #5



Choon Bee Jaseh



Outside/Inside Block  
(R)



Elbow Strike (R)



Elbow Strike (R)

From a ready stance (**choon bee**):

- Execute an **outside/inside block** with the right hand. Your right arm should follow a circular path, starting from the right side, sweeping away an oncoming strike or grab.
- Stepping with the right leg into a horse stance, execute an **elbow strike** with the right arm. When practicing alone, imagine striking your opponent at the solar plexus. Pull the left hand back to a chamber, or reinforce the strike (as shown above).

# BASIC ONE STEP #6



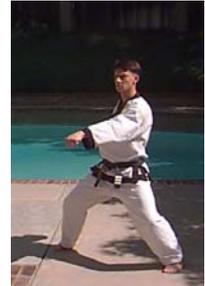
Choon Bee Jaseh



Frame for Block



High Block (R)



Center Punch (L)

From a ready stance (**choon bee**):

- **Prepare** for a high block with the right hand. Your elbows should be held close together with the left hand held high covering the face.
- Execute a **high block** with the right hand. Action blocks an oncoming strike or grab. Pull the left hand back to a chamber over the hip.
- Stepping with the left leg into a side stance, execute a **center punch**. When practicing alone, imagine striking your opponent's lower ribs (from the side) as shown, or solar plexus (from the front).

# BASIC ONE STEP #7



Choon Bee Jaseh



Knife Hand Block (R)



Ridge hand Block (R)



High Palm Heel (R)

From a ready stance (**choon bee**):

- Prepare for an inside/outside knife hand block with the right hand. Preparation is essentially the same as in No. 6.
- Execute a **knife hand block** (or **ridge hand block**, as shown) Action blocks an oncoming strike or grab.
- Stepping with the left leg into a front stance, execute a reverse **high palm heel strike** with the right hand. When practicing alone, imagine striking your opponent below the jaw or in choong (between mouth and nose). Pull the left hand back to a chamber.

# BASIC ONE STEP #8



Choon Bee Jaseh



Palm Heel Block (L)



Ridge hand Strike (R)

From a ready stance (**choon bee**):

- Execute a falling **palm heel block** with the left hand. Your left hand should follow a circular path, rising to above the face then falling, sweeping away an oncoming strike or grab.
- Stepping with the left leg into a front stance, execute a reverse **ridge hand strike** with the right hand. When practicing alone, imagine striking your opponent at the temple or neck. Pull the left hand back to a chamber.

# BASIC ONE STEP #9



Choon Bee Jaseh



Palm Heel Block (L)



Rev. Center Punch (R)

From a ready stance (**choon bee**):

- Execute a left-to-right **palm heel block** with the left hand. Action should clear an oncoming strike or grab.
- Stepping with the left leg into a front stance, execute a **reverse center punch**. When practicing alone, imagine striking your opponent's lower ribs or kidney (from the side or back), as shown, or solar plexus (from the front). Pull the left hand back to a chamber.

# BASIC ONE STEP #10



Choon Bee Jaseh



Outside/Inside Block  
(L)



Hammer fist Strike (L)

From a ready stance (**choon bee**):

- Execute an **outside/inside block** with the left hand. Your left arm should follow a circular path, starting from the left side, sweeping away an oncoming strike or grab.
- Stepping with the left leg into a horse stance, execute a **hammer fist strike** with the left hand. When practicing alone, imagine striking your opponent at the groin. Pull the left hand back to a chamber.



# 武道

San Kil Tang Soo Do® National Headquarters  
1916 Skibo Rd Suite 210  
Fayetteville, NC 28314  
(910) 860-1234  
[www.sktsd.com](http://www.sktsd.com)