



Instructor:
Master Delafield

2nd Dan
ONE-STEPS

23-42

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Attacker	Defender
● Left hand lowblock - K'ihap.	● Junbi - K'ihap.
● 3 Punches:	● 3 Snake blocks:
● Step forward with your right foot into front stance, right hand middle punch.	● Step back with your right foot into front stance and block the punch with a left snake block.
● Step forward with your left foot into front stance, left hand middle punch.	● Step back with your left foot into front stance and block the punch with a right snake block.
● Step forward with your right foot into front stance, right hand middle punch.	● Step your right foot beside your left foot, then step forward with your left foot as you block the punch with a left snake block and then lock their arm with your left arm creating an armbar.
	● Grab their left shoulder with your right hand and deliver a right knee to their mid-section followed by a sweep with that same leg to takedown keeping control of their right arm with your left arm.
	● Right hand punch - K'ihap.

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Attacker	Defender
● Left hand lowblock - K'ihap.	● Junbi - K'ihap.
● 3 High punches:	● 3 High blocks:
● Step forward with your right foot into front stance, right hand high punch.	● Step back with your left foot into front stance and block the punch with a right high block.
● Step forward with your left foot into front stance, left hand high punch.	● Step back with your right foot into front stance and block the punch with a left high block.
● Step forward with your right foot into front stance, right hand high punch.	● Step back with your left foot into front stance and block the punch with a right high block.
	● Grabbing their right wrist with your right hand, spinning right, go under their arm while adding your left hand to the grab on their wrist. Pulling down to break their elbow over your right shoulder.
	● Right elbow strike to their ribs, left elbow strike to their ribs, then turn to your right with an elbow takedown sweeping their right leg with your right leg and pulling left with your left hand still holding their right wrist.
	● Right hand punch - K'ihap.

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Attacker	Defender
<ul style="list-style-type: none"> ● Left hand lowblock - K'ihap. 	<ul style="list-style-type: none"> ● Junbi - K'ihap.
<ul style="list-style-type: none"> ● Step forward with your right foot into front stance, right hand middle punch. 	<ul style="list-style-type: none"> ● Step forward with your left foot and palm block with your left hand in a walking / front stance.
	<ul style="list-style-type: none"> ● Then grab their right wrist with your right hand, move left hand to Hapkido wrist hold with both of your thumbs together and facing up on the back of their hand.
	<ul style="list-style-type: none"> ● Step in close with your right foot and then back with your left foot moving your body like a door opening, twisting him down, punch and K'ihap.

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Attacker	Defender
<ul style="list-style-type: none"> ● Left hand lowblock - K'ihap. 	<ul style="list-style-type: none"> ● Junbi - K'ihap.
<ul style="list-style-type: none"> ● Step forward with your right foot into front stance, right hand middle punch. 	<ul style="list-style-type: none"> ● Step back with your right foot into back stance and block the punch with a left hammer fist block.
<ul style="list-style-type: none"> ● Pivot side kick with your left (back) leg. 	<ul style="list-style-type: none"> ● Step back with your left foot into front stance and palm block with your right hand to the backside of their heel.
	<ul style="list-style-type: none"> ● Regular punch with your left hand to their kidney.
<ul style="list-style-type: none"> ● Drop to the left knee illustrating that the knee was broken. 	<ul style="list-style-type: none"> ● Left side kick to break the knee (<i>as we practice we gently tap the back of the knee</i>).
	<ul style="list-style-type: none"> ● Finish with a right reverse knifehand strike to the left side of their neck - K'ihap.

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Attacker	Defender
<ul style="list-style-type: none"> ● Left hand lowblock - K'ihap. 	<ul style="list-style-type: none"> ● Junbi - K'ihap.
<ul style="list-style-type: none"> ● Step forward with your right foot into front stance, right hand middle punch. 	<ul style="list-style-type: none"> ● Step back with your right foot into back stance and block the punch with a left hammer fist block.
<ul style="list-style-type: none"> ● Front kick with your left (back) leg. 	<ul style="list-style-type: none"> ● Step back with your left foot into front stance and snake block with your right hand to the inside of their attacking leg.
	<ul style="list-style-type: none"> ● Left front kick to their now exposed groin.
	<ul style="list-style-type: none"> ● Stepping or skipping forward slightly (whatever is needed to reach your attacker's face), reverse elbow strike with your right elbow past their chin - K'ihap.

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Attacker	Defender
● Left hand lowblock - K'ihap.	● Junbi - K'ihap
● Step forward with your right foot into front stance, right hand middle punch.	● Step back with your right foot into back stance and block the punch with a left hammer fist block.
● Roundhouse kick with your left (back) leg.	● Step back with your left foot into back stance and block the head kick with a right hammer fist block.
	● Left hook punch.
	● Skip forward into horse riding stance and punch past their body with a right side punch - K'ihap.

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Attacker	Defender
● Left hand lowblock - K'ihap.	● Left foot forward fighting stance junbi - K'ihap
● Step forward with your right foot into front stance, right hand middle punch.	● Right crescent kick to block their right punch, without putting your foot down transition to a middle side kick with that same leg.
	● Reverse side kick with your left leg.
	● Middle regular punch with your right hand - K'ihap.

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Attacker	Defender
● Left hand lowblock - K'ihap.	● Right foot forward fighting stance junbi - K'ihap
● Step forward with your right foot into front stance, right hand middle punch.	● Left crescent kick to block their right punch.
● Step and skip back to avoid the spinning wheel kick.	● Back spinning wheel kick with your right leg.
	● Middle regular punch with your left hand - K'ihap.

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Attacker	Defender
● Left hand lowblock - K'ihap.	● Junbi - K'ihap
● 3 Punches:	● 3 Middle inner blocks:
● Step forward with your right foot into front stance, right hand middle punch.	● Step back with your right foot into front stance and block the punch with a left inner block.
● Step forward with your left foot into front stance, left hand middle punch.	● Step back with your left foot into front stance and block the punch with a right inner block.
● Step forward with your right foot into front stance, right hand middle punch.	● Step back with your right foot into front stance and block the punch with a strong left inner block to swing their arm out of the way.
	● Step across the attackers front foot with your right foot, at the same time delivering a right forearm strike to their ribs.
	● Then step back with your left foot turning and standing upright to do a spinning elbow to same spot you just hit with your forearm - K'ihap.

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Attacker	Defender
● Left hand lowblock - K'ihap.	● Junbi - K'ihap
● 3 Punches:	● 3 Middle inner blocks:
● Step forward with your right foot into front stance, right hand middle punch.	● Step back with your left foot into back stance and block the punch with a right inner block.
● Step forward with your left foot into front stance, left hand middle punch.	● Step back with your right foot into back stance and block the punch with a left inner block.
● Step forward with your right foot into front stance, right hand middle punch.	● Step back with your left foot into back stance and block the punch with a right inner block. Reach up with your left hand to secure their wrist, move to Hapkido wrist hold with both of your thumbs together and facing up on the back of their hand.
●	● Skip forward and sweep with your right foot while twisting their hand, takedown and punch - K'ihap.

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Attacker	Defender
● Left hand lowblock - K'ihap.	● Junbi - K'ihap
● 3 Punches:	● 3 Middle inner blocks:
● Step forward with your right foot into front stance, right hand middle punch.	● Step back with your right foot into front stance and block the punch with a left inner block.
● Step forward with your left foot into front stance, left hand middle punch.	● Step back with your left foot into front stance and block the punch with a right inner block.
● Step forward with your right foot into front stance, right hand middle punch.	● Step back with your left foot into front stance and block the punch with a strong right inner block to swing their arm out of the way.
	● Right leg roundhouse kick to their mid-section.
	● Without putting your foot down, do a right side kick to break the knee (<i>as we practice we gently tap the back of the knee</i>).
	● Finish with a right reverse knifehand strike to the left side of their neck - K'ihap.

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Attacker	Defender
● Left hand lowblock - K'ihap.	● Junbi - K'ihap
● 3 Punches:	● 3 Double knifehand blocks:
● Step forward with your right foot into front stance, right hand middle punch.	● Step back with your right foot into back stance and block the punch with a double knifehand block.
● Step forward with your left foot into front stance, left hand middle punch.	● Step back with your left foot into back stance and block the punch with a double knifehand block.
● Step forward with your right foot into front stance, right hand middle punch.	● Step and skip back with your right foot back into back stance to dodge the punch, but still holding out a double knifehand block.
	● Pivot side kick to their ribs under their extended arm with your right foot.
	● "Block, chop, punch" - Plant the right foot forward in a front stance after the kick block their extended arm using a right hand inner block. Immediately deliver an outside knifehand strike with your right hand to their neck followed by a regular middle punch with your left hand - K'ihap.

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Attacker	Defender
● Left hand lowblock - K'ihap.	● Junbi - K'ihap.
● 3 High punches:	● 3 High blocks:
● Step forward with your right foot into front stance, right hand high punch.	● Step back with your right foot into front stance and block the punch with a left high block.
● Step forward with your left foot into front stance, left hand high punch.	● Step back with your left foot into front stance and block the punch with a right high block.
● Step forward with your right foot into front stance, right hand high punch.	● Step back with your right foot into front stance and block the punch with a left high block.
	● Regular high punch to their face with your right hand.
	● Grab their right wrist with your left hand as your right hand grabs their left shoulder and pull them into a knee strike with your right knee to their mid-section followed by a sweep with that same leg to takedown keeping control of their right arm with your left arm
●	● Right hand punch - K'ihap.

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Attacker	Defender
● Left hand lowblock - K'ihap.	● Junbi - K'ihap
● 3 Punches:	● 3 Middle inner blocks:
● Step forward with your right foot into front stance, right hand middle punch.	● Step back with your left foot into back stance and block the punch with a right inner block.
● Step forward with your left foot into front stance, left hand middle punch.	● Step back with your right foot into back stance and block the punch with a left inner block.
● Step forward with your right foot into front stance, right hand middle punch.	● Step back with your left foot into back stance and block the punch with a right inner block.
● 4 Skips backward:	● 4 Skips forward (right foot still forward and all strikes are with the right hand / elbow):
● Skip backward.	● Skip forward - back knifehand strike to their neck.
● Skip backward.	● Skip forward - rechamber then deliver an elbow strike to their mid-section.
● Skip backward.	● Skip forward - backfist strike to their face.
● Skip backward.	● Skip forward - hammer fist strike to their groin - K'ihap.

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Attacker	Defender
● Left hand lowblock - K'ihap.	● Junbi - K'ihap.
● 3 High punches:	● 3 High blocks:
● Step forward with your right foot into front stance, right hand high punch.	● Step back with your right foot into front stance and block the punch with a left high block.
● Step forward with your left foot into front stance, left hand high punch.	● Step back with your left foot into front stance and block the punch with a right high block.
● Step forward with your right foot into front stance, right hand high punch.	● Step back with your right foot into front stance and block the punch with a left high block.
	● Grabbing their right wrist with your left hand, turning to your right, go under their arm while adding your left hand to the grab on their wrist.
	● "Chicken wing" take down and punch - K'ihap

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Attacker	Defender
● Left hand lowblock - K'ihap.	● Junbi - K'ihap.
● 3 High punches:	● 3 High blocks:
● Step forward with your right foot into front stance, right hand high punch.	● Step back with your left foot into front stance and block the punch with a right high block.
● Step forward with your left foot into front stance, left hand high punch.	● Step back with your right foot into front stance and block the punch with a left high block.
● Step forward with your right foot into front stance, right hand high punch.	● Step back with your left foot into front stance and block the punch with a right high block.
	● Grabbing their right wrist with your right hand, step forward with your left foot, go under their arm while turning to your left(now standing beside them facing the same way) grabbing their wrist also with your left hand and positioning their arm over your left shoulder.
● Roll.	● Stepping forward with your right foot throw your attacker forward.
	● Right hand punch - K'ihap.

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Attacker	Defender
● Left hand lowblock - K'ihap.	● Junbi - K'ihap.
● 3 Side punches:	● 3 Middle knifehand blocks:
● Step forward with your right foot into horse riding stance, right hand high punch.	● Step back with your left foot into back stance and block the punch with a right middle double knifehand block.
● Step forward with your left foot into horse riding stance, left hand high punch.	● Step back with your right foot into back stance and block the punch with a left middle double knifehand block.
● Step forward with your right foot into horse riding stance, right hand high punch.	● Step back with your left foot into back stance and block the punch with a right middle double knifehand block.
	● All of this happens together: Grab the attacker's punch with your right hand folding it over as you strike the inside of their elbow with a left knifehand to collapse the elbow. Skip in, positioning your right leg behind their right leg, and "shelf" their trapped elbow on top of your right shoulder applying pressure.
	● Sweep with your right leg as you take down using the wristlock.
● Tap out upon submission	● After the takedown, apply pressure to their wrist with your right hand by lifting up against their body weight. Your left hand remains inside their elbow to position their elbow pointed up to ensure a proper angle on the wrist lock. Pull gently to submission.

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Attacker	Defender
● Left hand lowblock - K'ihap.	● Junbi - K'ihap
● 3 Side punches:	● 3 Palm blocks:
● Step forward with your right foot into horse riding stance, right hand high punch.	● Step back with your right foot into front stance and block the punch with a left palm block.
● Step forward with your left foot into horse riding stance, left hand high punch.	● Step back with your left foot into front stance and block the punch with a right palm block.
● Step forward with your right foot into horse riding stance, right hand high punch.	● Step back with your right foot into front stance and block the punch with a left palm block.
	● Grab their right wrist with your left hand and spin backwards delivering a right elbow strike to the middle of their back.
	● Reach over and deliver a right hand ridgehand "close-line" to the neck and sweep with your right leg to take down. As they fall catch their right hand with your right hand to keep control.
●	● Left hand punch - K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● Left hand lowblock - K'ihap. 	<ul style="list-style-type: none"> ● Junbi - K'ihap
<ul style="list-style-type: none"> ● 3 Punches: 	<ul style="list-style-type: none"> ● 3 Middle inner blocks:
<ul style="list-style-type: none"> ● Step forward with your right foot into front stance, right hand middle punch. 	<ul style="list-style-type: none"> ● Step back with your left foot into front stance and block the punch with a right inner block.
<ul style="list-style-type: none"> ● Step forward with your left foot into front stance, left hand middle punch. 	<ul style="list-style-type: none"> ● Step back with your right foot into front stance and block the punch with a left inner block.
<ul style="list-style-type: none"> ● Step forward with your right foot into front stance, right hand middle punch. 	<ul style="list-style-type: none"> ● Step back with your left foot into front stance and block the punch with a right inner block.
<ul style="list-style-type: none"> ● Block their backfist with a knifehand block. 	<ul style="list-style-type: none"> ● Spin backfist with your left hand headed for their left temple.
	<ul style="list-style-type: none"> ● After they block your back fist, turn to your right and sweep their right leg with your right leg to take down.
	<ul style="list-style-type: none"> ● With them on the ground, deliver a left pivot side kick directed to their face.
<ul style="list-style-type: none"> ● Catch their foot with both hands, slap roundhouse kick to the groin with your right foot and then throw them by shoving their foot forward. 	<ul style="list-style-type: none"> ● Roll.
<ul style="list-style-type: none"> ● Jump up into a middle double knifehand, left foot forward - K'ihap. 	<ul style="list-style-type: none"> ● Jump up from your roll into a middle double knifehand, left foot forward - K'ihap.

Attacker	Defender
● Left hand lowblock - K'ihap.	● Junbi - K'ihap.
● 3 Punches:	● 3 Palm blocks:
● Step forward with your right foot into front stance, right hand middle punch.	● Step back with your right foot into front stance and block the punch with a left palm block.
● Step forward with your left foot into front stance, left hand middle punch.	● Step back with your left foot into front stance and block the punch with a right palm block.
● Step forward with your right foot into front stance, right hand middle punch.	● Step back with your right foot into front stance and block the punch with a left palm block.
●	● Grab their right wrist with your left hand and spin backwards delivering a right elbow strike to the middle of their back.
●	● Reach over and deliver a right hand ridgehand "close-line" to the neck and sweep with your right leg to take down.
● Block their punch with a high block from your back, grab their punching arm while delivering an inverted roundhouse kick to	● Right hand punch to their face as they are on the ground.
● Pull their right arm forward and once they begin to lose their balance reach out with your left hand and push their right leg up to complete the throw.	● Roll.
● Jump up into a middle double knifehand, left foot forward - K'ihap.	● Jump up from your roll into a middle double knifehand, left foot forward - K'ihap.