**CHO DAN BO**

**POOMSAE**

* Koryo

**ONE STEP SPARRING**

* Attack-body punch

Defend-Minor outside body block, right punch/back fist, left kal jaebi

* Attack-face punch

Defend-Left face block and right body punch at same time, left hand knife hand strike to body, right elbow, right back fist

* Attack-front kick

Left low block, right body punch, right axe kick, left front kick, right jumping front kick

* Attack-side kick

 Defend-move left leg back and right body block, left back kick, double

 punch, right crescent kick

* Attack-roundhouse kick

Defend-left minor outside block, double roundhouse (left/right),

Land right leg back, right axe kick, right back fist,

**SELF DEFENCE**

* Single wrist/double wrist
* Single lapel/double lapel
* Overarms front/overarms back
* Hair front/hair back
* Belt front

**KNIVE AND CLUB ATTACK**

* Attack-low knife attack

Defend-double knife hand low block, left front kick, roundhouse and step in back fist OR OWN

* Attack-knife attack middle

Defend-double knife hand block, left front stance, roundhouse and step in back fist OR OWN

* Attack-overhead club attack

Defend-left upper block with right knife hand to neck, left front kick, right roundhouse and step in back fist OR OWN

* Attack-swinging club

Defend-OWN CHOICE

**SPARRING X 3 ROUNDS**

**BOARD BREAKING X 4**

**TERMINOLOGY - KORYO**