

## **IL SOO SIK DAE RYUN**

Il Soo Sik Dae Ryun (One Step Sparring) is pre-planned sparring with a partner that helps develop balance, focus and distance control. Il Soo Sik Dae Ryun is performed in a formal way with a proper start, execution of the Il Soo Sik technique and proper finish. It involves ceremony:

- Bow to your partner from the attention position
- Choon Bee together
- Measure distance
- Junior side challenges with Ha Dan Mahk Kee and proper Ki Hap
- Senior side response with Ki Hap
- Junior side performs Sang Dan Kong Kyuk
- Senior side performs Il Soo Sik exercise
- Both sides Ba Ro together upon completion

Bowing to our partner in Soo Bahk Do Moo Duk Kwan (San Ho Kan E Kyung Ret) is of the utmost importance as it shows the Respect and Discipline that comprise one of our 5 Moo Do values. Our training involves potentially dangerous techniques and without respect and discipline the techniques may be used in a negative manner. The physical action of bowing shows the constant mental awareness and concentration required as well as respect towards yourself, your partner and towards the art.

### **Instructing Il Soo Sik Dae Ryun**

Each odd and even set of Il Soo Sik exercises can be instructed using a four count methodology. As an instructor this gives us the opportunity in a mixed class to have each student demonstrate the exercises appropriate to their level while using the same count for everyone. Since Il Soo Sik # 7 - 8, 9 - 10, 13 - 14, and 15 - 16 have more than four techniques for some of the counts two techniques are performed together as noted below:

- # 7 – 8: Perform the Yap Podo Cha Gi and Tuel Oh Sang Dan Kong Kyuk as count 2
- # 9 – 10: Perform the Dwi Podo Cha Gi and Soo Do Mahk Kee as count 3
- # 13 – 14: Perform the Soo Do Mahk Kee and Up Bal Dollyo Cha Gi as count 1
- # 15 – 16: Perform the Soo Do Mahk Kee and Dollyo Cha Gi as count 1  
Yap Podo Cha Gi and Sung Muk Dong Kong Kyuk as count 2  
Yuk Soo Do Mahk Kee and Choon Dan Kong Kyuk as count 3  
Soo Do Kong Kyuk and Yuk Soo Do Kyung Kyuk as count 4

### **Il Soo Sik Dae Ryun Timing**

Each set of Il Soo Sik exercises also has a natural Wan Gup or timing aspect where techniques are grouped. The groupings listed are shown in terms of the four count instructional method listed above.

- # 1 – 2: Perform 2 techniques, slight pause, perform 2 techniques (2 – 2)
- # 3 – 4: Perform 3 techniques, slight pause, perform 1 technique (3 – 1)
- # 5 – 6: Perform 3 techniques, slight pause, perform 1 technique (3 – 1)
- # 7 – 8: Perform 3 techniques (counts 1 and 2), slight pause, perform 2 techniques (2 – 2)
- # 9 – 10: Perform 3 total techniques (counts 1 and 2), slight pause, perform 2 techniques (2 – 2)
- # 11 – 12: Perform 3 techniques, slight pause, perform 1 technique (3 – 1)
- # 13 – 14: Perform 4 techniques (counts 1, 2 and 3), slight pause, perform 1 technique
- # 15 – 16: Perform 4 techniques (counts 1 and 2), slight pause, perform 4 techniques (counts 3 and 4) (2 – 2)
- # 17 – 18: Perform 3 techniques, slight pause, perform 1 technique (3 – 1)