

## ONE STEP SPARRING

X: attack

Y: defence

For all one step sparring techniques the attacker will start by stepping back with the right leg into fighting stance and gihap (indicating they are ready). The defender will then step back with the right leg into fighting stance and gihap (indicating they are ready). The attacker (X) will then execute the appropriate attack and the defender (Y) will execute the appropriate defence. The defender (Y) will gihap at the end of the final move.

Belt Level	#	Description
White to Yellow Stripe 1	1	X: Step forward with the right foot (walking stance) middle punch.  Y: Step back with the left leg (walking stance) inner forearm middle block and then moving the left leg forward on a diagonal line form a sitting stance and middle punch to the floating ribs.
Yellow Stripe 1 to Yellow Stripe 2	2	X: Step forward with the right foot (walking stance) <b>high</b> punch.  Y: Step back with the right foot (walking stance) high rising block and then reverse middle punch to the solar plexus.
Yellow Stripe 2 to Yellow	3	X: Step forward with the right foot (walking stance) middle punch.  Y: Slide on a diagonal line to the left into sitting stance palm block (left palm) and then double punch to the floating ribs, high punch.
Yellow to Green Stripe 1	4	X: Step forward with the right foot (walking stance) middle punch.  Y: Step forward with the right foot (wide walking stance) knife hand strike (palm up) while blocking punch with knife hand block, grab opponents wrist and slide right foot to left foot pivoting to face left while executing a knife hand strike (palm down) to neck (pulling arm) then middle side kick with the right foot.
Green Stripe 1 to Green Stripe 2	5	X: Step forward with the right foot (walking stance) middle punch.  Y: Step forward with the right foot (walking stance) high punch while blocking punch with outer forearm middle block then bring right foot to left foot turning to face left and side back fist to temple.
Green Stripe 2 to Green	6	X: Step forward with the right foot (walking stance) middle punch.  Y: Double side kick with the right foot, land in walking stance and spear fingertip thrust (with cover).
Green to Blue Stripe 1	7	X: Step forward with the right foot (walking stance) middle punch.  Y: Slide back into rear foot stance (left foot in front) reverse knife hand block (palm up) with left hand then step/move forward with left foot (walking stance) high reverse elbow strike then middle punch.

Belt Level	#	Description
Blue Stripe 1 to Blue Stripe 2	8	<p>X: Step forward with the right foot (walking stance) middle punch.</p> <p>Y: Front snap kick with left foot while slapping punch down with left hand, then roundhouse kick with right foot landing in walking stance, then middle punch and reverse ridge hand strike (palm faces down) to opponents neck.</p>
Blue Stripe 2 to Blue	9	<p>X: Step forward with the right foot (walking stance) <b>high</b> punch.</p> <p>Y: Step back with the right foot (L-stance) high knife hand X-block and then grabbing opponents arm, pull forward and down while snapping right knee to stomach/solar plexus.</p>
Blue to Red Stripe 1	10	<p>X: Step forward with the right foot (walking stance) middle punch.</p> <p>Y: Slide back into rear foot stance (left foot in front) upward palm block and then step/move forward with the left foot (walking stance) and reverse high vertical punch.</p>
Red Stripe 1 to Red Stripe 2	11	<p>X: Step forward with the right foot (walking stance) middle punch.</p> <p>Y: Slide back into rear foot stance (left foot in front) double forearm block and then spinning back kick with the right foot, land in sitting stance, knife hand strike to neck with right hand.</p>
Red Stripe 2 to Red	12	<p>X: Step forward with the right foot (walking stance) middle punch.</p> <p>Y: Step forward with the right foot (sitting stance) palm strike to opponents nose (right hand) while blocking punch with an outer forearm middle block (left hand) then turning counter clockwise (moving the left foot) execute a spinning back elbow strike (with cover).</p>
Red to Black Stripe 1	13	<p>X: Step forward with the right foot (walking stance) <b>high</b> punch.</p> <p>Y: Outward crescent kick with left foot land with left foot forward (walking stance) and reverse high palm strike then upset punch to solar plexus.</p>
Black Stripe 1 to Black Stripe 2	14	<p>X: Step forward with the right foot (walking stance) middle punch.</p> <p>Y: Step forward and 360° back kick with left foot, bring left foot down to right foot (facing back) then jump turning front kick with right foot, land in walking stance and double middle punch.</p>
Black Stripe 2 to Black	15	<p>X: Step forward with the right foot (walking stance) <b>high</b> punch.</p> <p>Y: Dodge to the right into knee bending guarding block, then high side piercing kick with left foot, bring left foot down to right foot then jumping 180 side kick with the right foot, land in walking stance and double punch.</p>