



One Step Sparring Advanced – Red Belt

Measure Face your opponent in attention stance. The attacker measures the distance between themselves and their opponent by making a right walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to attention stance.

Starting Positions **Attacker** – parallel ready stance. Kihap to show that they are ready to attack.
Defender - parallel ready stance, kihap to show they are ready to defend

The Attacks, Defences & Counters

- 1. Attack** Step forward into right walking stance, perform an obverse mid-section punch.

Defence/Counter Step the right leg back into a left walking stance, perform a middle section inner forearm outward block with the left arm. Remaining in this stance perform a middle section reverse punch with right hand.

Both return to parallel ready stance

Repeat for the opposite side
- 2. Attack** Step forward into right walking stance, perform an obverse mid-section punch.

Defence/Counter Step the left leg back into a left L-stance, perform a middle section inner forearm outward block with the right arm. Move the left leg forward at a 45° angle, move right leg to form a left L-stance to the outside of the attacker's right foot. Perform a high section knife-hand strike to the neck with the right hand, pulling left hand back and finishing on the belt.

Both return to parallel ready stance

Repeat for the opposite side
- 3. Attack** Step forward into right walking stance, perform an obverse mid-section punch.

Defence/Counter Step the left leg back into a left L-stance, perform a middle section outer forearm inward block with the right arm. Remain in same position and perform a back fist front strike to the bridge of the attacker's nose with the right hand.

Both return to parallel ready stance

Repeat for the opposite side

Cont/....



One Step Sparring Advanced – Red Belt (cont'd)

4. Attack Step forward into right walking stance, perform an obverse mid-section punch.
- Defence/
Counter Step the left leg back into a left L-stance, perform a middle section inner forearm outward block with the right hand. Step out with left leg to form a sitting stance at a 45° angle to the opponent. Whilst doing this, extend the blocking arm to the opponent's side just above the belt; perform a double punch and kihap.
- Both return to parallel ready stance
- Repeat for the opposite side
5. Attack Step forward into right walking stance, perform an obverse mid-section punch.
- Defence/
Counter Move right leg forward into a sitting stance at a 45° angle to the opponent, perform a middle section outer forearm outward block with the left arm and a high section punch with the right hand to the attacker's jaw; perform these 2 moves simultaneously.
- Both return to parallel ready stance
- Repeat for the opposite side
6. Attack Step forward into right walking stance, perform an obverse mid-section punch.
- Defence/
Counter Move right leg forward into a sitting stance at a 45° angle to the opponent, perform a middle section knife-hand outward block with the left arm and an inward knife-hand strike with the right hand to the side of the attacker's neck; perform these 2 moves simultaneously.
- Both return to parallel ready stance
- Repeat for the opposite side
7. Attack Step forward into right walking stance, perform an obverse mid-section punch.
- Defence/
Counter Step backwards to the right at a 45° angle to the opponent forming a right leg back right L-stance, perform a forearm guarding block. Staying in this position, execute a middle section front snap kick with the right leg landing in a right walking stance; perform an obverse then reverse punch in fast motion.
- Both return to parallel ready stance
- Repeat for the opposite side

Cont/...



One Step Sparring Advanced – Red Belt (cont'd)

8. Attack Step forward into right walking stance, perform an obverse mid-section punch.
- Defence/
Counter Step backwards to the right at a 45° angle to the opponent forming a right leg back right L-stance, perform a knife-hand guarding block. Execute a rear leg middle section side kick landing in left L-stance; perform a right knife-hand strike to the attacker's neck.
- Both return to parallel ready stance
- Repeat for the opposite side
9. Attack Step forward into right walking stance, perform an obverse mid-section punch.
- Defence/
Counter Step the right leg back to form a right L-stance, perform a palm pushing block with the left hand. Step back and to the left at a 45° angle to the opponent into the same stance, perform a forearm guarding block. Execute a middle section turning kick with the ball of the right foot to the opponent's solar plexus landing with the foot to the outside of the attacker's front foot in vertical stance; perform a knife-hand strike with the right hand to the opponent's neck.
- Both return to parallel ready stance
- Repeat for the opposite side
10. Attack Step forward into right walking stance, perform an obverse mid-section punch.
- Defence/
Counter Step backwards to the right at a 45° angle to the opponent into right L-stance, perform a knife-hand guarding block. Pivot on the left leg, execute a middle section back kick with the right leg landing in a right walking stance at a 45° degree angle to the opponent and perform a reverse knife-hand strike with the left hand to the philtrum.
- Both return to parallel ready stance
- Repeat for the opposite side