

ONE STEPS

One Step are performed by White & Grey Belts at part of their Grading and Tournament requirements and assists in learning the fundamentals of Free Sparring & Self Defence:

Each One Step sequence begins with the following procedure:
Both stand approximately one metre apart and bow (Kyong Ye).
Both step into a Left Sparring/Guard Stance
Partner 1 announces "Ready"
Partner 2 announces "Attack"
Partner 1: Execute the given attack
Partner 2: Performs One Step

WHITE BELT

Sparring Number 1 - Defence against left jab to the head

1. Left Inward Forearm Block
2. Cross to the body
3. No.1 Front Kick

Sparring Number 2 – Defence against left front kick`

1. (*lead side step*) Right Low Block
2. Right Side Kick
3. Left Hook Punch to the head

Sparring Number 3 – Defence against left hook punch to the head

1. (*lead side step*) Right Outer Forearm Block
2. Right Outside Crescent Kick
3. Left Side Kick

Self Defence Number 1 – Defence against inside/cross wrist grab

1. Inward release (*double handed*)
2. Left Round Kick to the leg
3. Double handed push

Self Defence Number 2 – Defence against lead lapel/clothing grab

1. Downward release with lead forearm
2. Rear Front Kick to the body
3. Double handed push

Self Defence Number 2 – Defence against twin shoulder/upper arm grab

1. Left Upward Palm Strike to the chin
2. Left Side Kick to the body
3. Double handed push

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GREY BELT

Sparring Number 1 - Defence against left side kick

1. *(lead side step)* Right Low Block
2. Right Round Kick
3. Left Spin Side Kick
4. Right Cross to the body

Sparring Number 2 – Defence against left cross to the body`

1. *(lead side step)* Right Low Block
2. Left Hook Punch to the head
3. Right Spin Outside Crescent Kick
4. Left Round Kick to the body

Sparring Number 3 – Defence against left round kick to the body

1. *(lead side step)* Right Low Block
2. Lead Hook Punch to the head
3. Right Upset Punch
4. Left Jab to the head

Self Defence Number 1 – Defence against outside/straight wrist grab

1. Low Round Kick to the leg *(as you grab attacking hand)*
2. *(lead leg steps back)* Apply Straight Arm Lock/Armbar using Downward Forearm
3. Double handed push or controlled takedown

Self Defence Number 2 – Defence against lead lapel/clothing grab

1. Lead Inward Palm Strike to the head *(then grab attacking hand)*
2. *(lead leg steps back)* Apply Straight Arm Lock/Armbar using Downward Palm
3. Double handed push or controlled takedown

Self Defence Number 2 – Defence against twin shoulder/upper arm grab

1. Lead Ridgehand Strike to the neck *(then grab opposite attacking hand)*
2. *(lead leg steps back)* Apply Straight Arm Lock/Armbar using Downward Knifehand
3. Double handed push or controlled takedown