

ONE STEP SPARRING (A1 GROUP):

All One-Step Sparring assumes a right reverse punch attack to the facial area. Practice both left & right sides during each session.

Attack: Step back with right leg into a left Forward Stance with a Low Section Outer Forearm Block.

A1-1: Step forward into right forward stance, executing left in-to-out knife hand block, simultaneously counter-attacking with a right high section punch. **Add right jump front snap kick.**

A1-2: Step forward with left foot into right back stance, while executing left side punch to solar plexus; Change to left forward stance by shifting hips and feet while executing simultaneous in-to-out left knife hand block and right high section punch. (In order to be effective, these movements must be performed with great speed). **Add right fingertips attack to eyes.**

A1-3: Step diagonally to right side of opponent with right foot and execute a left front snap kick. **Add left jump front snap kick.**

A1-4: Execute in-to-out left knife hand block, with simultaneous right front snap kick to opponent's head. Keep other hand chambered. **Add right high section punch while stepping into right forward stance.**

A1-5: Take left step diagonally across attacker's body, thereby avoiding punch; execute left out-to-in elbow strike to sternum or solar plexus; pivot body 180 degrees into right elbow strike to same area. **Add right jump spin back kick.**

A1-6: (Part I) Left step forward with left knife hand block. Grasp attacker's wrist with left hand; pull sharply toward you while executing right punch to fact or temple. **Add left side thrust kick to armpit, while continuing the grasp on attacker's wrist.**

A1-6: (Part II) Right step forward while grasping outside of attacker's wrist; pull sharply down and toward you, while executing left punch to face or temple. **Add right front round kick to solar plexus, while continuing the grasp on attacker's wrist.**

A1-7: Right step forward into short right forward stance while executing in-to-out left knife hand block; simultaneously counter-attack with right upset punch to solar plexus). **Add short upper-cut or vertical punch to chin.**

A1-8: Step into right forward stance while executing left in-to-out knife hand block; simultaneously counter-attack with right out-to-in elbow strike to face. **Add right elbow strike (in-to-out) to face.**

A1-9: Avoid punch by stepping to either side, and counter-attack with left or right side thrust kick. **Add jump side thrust kick.**

A1-10: Step quickly to the left, crossing right foot over left; continue motion by stepping with left foot into horseback riding stance at attacker's side; simultaneously, block with open hand to attacker's right shoulder while executing a right punch to the temple (punching hand will be on top crossed over the blocking hand). **Add quick one-two punches to ribs (kidneys) followed by right front round kick to solar plexus.**