

ADVANCED ONE STEPS

1. Left knife hand block, with twin finger tip attack to face as you step with right foot. Then take right step back, execute left front snap kick, right axe kick.
2. Right outer forearm block, right elbow attack as you move into left back stance. Right back fist, take right step back then execute left side thrust kick, spin right back kick.
3. Right instep block and “U” shape punch with left back stance, grab opponent’s extended arm while pulling them into your right punch. Follow-up with right roundhouse kick and left spin hook kick.
4. Short left step followed by right step and ridge hand to solar plexus (clothes line). From there, right roundhouse kick..
5. Take right step, grab right hand and twist, step with left foot behind opponent’s right foot. Place left arm under opponent’s right elbow applying pressure to elbow.
6. Step with right foot, grab with right hand then apply pressure with your left hand to opponent’s right elbow (locking their elbow). Step with left foot while putting opponent’s right elbow over your left shoulder. Next, pull opponent into your right ridge hand attack followed by a quick right roundhouse kick to solar plexus.
7. Take left step while grabbing opponent’s right hand with both hands. Twist opponent’s arm while stepping underneath arm (keeping it locked). Follow with quick right roundhouse kick to solar plexus.
8. Right step to opponent’s right side. Place left foot on the back of opponent’s right knee. Grab opponent’s right hand with your left hand. Apply pressure to the back of the knee while twisting the arm behind opponent. Follow-up with right punch, right roundhouse kick
9. Right step to right side while executing right knife hand block to outside of opponent’s punch. Place left foot to back of right knee, grab right hand with your right hand and opponent’s left shoulder with your left hand, twist counter clockwise (taking them down) then follow-up with left roundhouse kick and two punches.
10. Short left step (adjustment step) followed by right step while executing right knife hand block to opponent’s punch and knife hand attack to neck area. Grab right wrist with your left hand and left shoulder with your right hand. Place your right foot on back of opponent’s left knee, twist clockwise while applying pressure to back of knee (taking them down). Follow-up with left roundhouse kick and two punches.
11. Step with right while executing right knife hand block to opponent’s punch. Grab opponent’s hand while sliding block along their arm turning the block into a knife hand strike to the neck. Follow-up with right ridge hand to opponent’s left temple area, left round house kick to face.