

ONE STEP SPARRING (B 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.

B-1: Step forward into right forward stance, executing left in-to-out knife hand block, and counter attacking with simultaneous right knife hand strike to the throat.

B-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 in-to-out left knife hand block and simultaneous right knife hand strike to throat. (In order to be effective, these movements must be performed with great speed).

B-3: Step diagonally to right side of opponent (left foot crossing behind the right foot) and execute a right mid & high round kick.

B-4: Execute in-to-out left leg crescent block (with foot), followed immediately by a right round kick to opponent's head. Keep other hand chambered.

B-5: Take left step diagonally across attacker's body, thereby avoiding punch; execute left knife hand strike to opponent's throat (their left side) then spin with right reverse knife hand strike to opponent's other side mid-section (their right side), immediately follow with left knife hand strike back to opponent's left side throat area.

B-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 palm heel strike to face or temple.

B-6: (Part II) Right step forward while grasping outside of attacker's wrist; pull sharply down and toward you while executing left palm heel strike to face or temple.

B-7: Left step to side to avoid punch. Right step (making sure to step directly behind opponents front foot with ankle firmly behind opponent's right ankle), with simultaneous right elbow strike to attacker's mid-section (solar plexus). Sweep opponent's leg out while simultaneously moving their shoulders counter clockwise (Your left hand should be behind their right shoulder while your right hand is in front of their left shoulder – "push/pull").

B-8: Dodge punch by taking a quick adjustment step to the left with the left leg, then step diagonally behind attacker with right leg while executing a right ridge hand strike to their left side (mid-section). Grab opponent's side with right hand (grabbing belt). Bend knees (getting below their center of gravity) then "hip jog" to throw opponent up into the air and to the ground (using your arms while they are in the air to control the landing).

B-9: From a distance, run at opponent; step up onto opponent's left shoulder with your right leg while blocking punch with a left knife hand block. Pull up on opponent's arm while pushing down with your foot and execute a punch down to opponent's head.