

## **ONE STEP SPARRING (B1 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.

B1-1: Step forward into right forward stance, executing left in-to-out knife hand block, simultaneously counter-attacking with a right high section punch. Draw Right foot back then step into the right forward stance while executing left in-to-out knife hand block, and simultaneous right knife hand strike to the throat.

B1-2: 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. Draw Left foot back to adjust 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.

B1-3: Step diagonally to right side of opponent with right foot and execute a left front snap kick. Step behind right foot and immediately execute a right mid and high round kick.

B1-4: Execute in-to-out left knife hand block, with simultaneous right front snap kick to opponent's head. Keep other hand chambered. Execute in-to-out left leg crescent block (with foot), followed immediately by a right round kick to opponent's head.

B1-5: 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. 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.

Please note: The B1 Group is exactly the A group and B group combined. If you know those two groups of one-steps, then you already know the B1 group. Also note that there are only five in the B1s.