

Attacker One-Step Sparring Drill Guidelines

All the attacker's moves should be done completely and consistently each time in a One-Step Sparring Drill. The defender, who is your opponent, is counting on you to do them correctly each time. This is a pre-arranged sequence from the attacker's perspective since you'll do the same thing each time. The defender can do different responses to the attack in order to demonstrate knowledge of TKD techniques.

1. There are formal commands given by the instructor to start the one-step drill. The attacker and defender face each other with one arm each distance from each other. The instructor will give the "Charyut" command and you will bring your feet together and slap your hands to your sides. When the "Kunye" command is given, you bow to your opponent (the defender). At the "Junbi" command, the attacker begins his/her part of the one-step drill.
2. At the "Junbi" command, step back with the right foot into a left front stance and simultaneously do a left down block:
 - To start the down block, you should cross your arms in front of your chest at the beginning of the top of your left down block (left arm is on the inside when you cross arms)
 - At the end of your down block, the left fist should be several inches (4-5) in front of your left thigh
 - The left elbow should be slightly bent
 - Your right fist, palm up, should be pulled back to the chamber position near your right hip (about 2-3 inches to the side, but not touching the hip or uniform)
 - Your shoulders should be squared up and facing the defender
 - Both feet should be pointed forward in a standard left front stance (make sure the back right foot is not pointed outward in a duck like fashion)
3. Kihap to let the defender know you are ready to punch. The kihap should be loud enough so that everyone in the dojang can hear it.
4. After the defender kihaps to let you know they are ready to defend, you throw a right-hand middle punch to their solar plexus:
 - When you throw the right middle punch to the defender's solar plexus area, simultaneously step forward with your right foot into a right front stance. As you punch, your left hand gets pulled back into chamber position near your left hip. This is consistent with the push-pull nature of TKD power mechanics where you chamber your other hand as you punch.
 - Your punching distance should land your fist no more than 1 inch in front of the defender's dobok at the solar plexus area. Control is important. Do not hit your opponent.

- The speed of the punch is not as fast as you can throw a punch, nor is it half speed. The punch should be $\frac{3}{4}$ speed. Anything less would not be doing the defender any favors.
 - Your punching target area is the defender's solar plexus at the time that you did your kihap. Usually, the defender stays in the original Junbi position so their solar plexus area is stationary before they kihap to let you know they are ready to defend. However, if the defender moves back into a fighting position from his original Junbi position (the defender has the option to change his/her position), you still target that original solar plexus area. Note that if the defender does move back into a fighting position, the defender may not be close enough for your punch to reach his solar plexus so you just target the original area.
 - Do not change the direction of your punch from its original target area of the solar plexus. This holds even if the defender moves their position during your punch.
5. If the defender blocks your punch with a defensive technique (which is likely, but not certain), move your arm in the direction that their block is pushing your punch. The direction can be right, left, upward or downward – it depends on which way the defender blocks your punch. This way, the defender can follow up with an offensive technique without your punch being in the way. Your right arm should stay loose after you punch. Do not tense it up with all your strength to keep it in front of their solar plexus.
 6. At this time, the defender will execute his/her defense and you maintain your position until the is done (do not move your feet, stay in a right front stance). After the defender is finished, he/she will kihap on the last offensive technique to let you know he/she is done.
 7. At this point, you will usually switch roles and become the defender and the original defender will take on the role as attacker. The role switch should happen quickly – it should not take a lot of time. The two of you will take turns back and forth in the One-Step Sparring Drill until the instructor tells you to stop.
 8. Sometimes, the instructor will tell one of you to act as the attacker in every One-Step Sparring Drill, which means the other person serves as the defender each time (usually when the defender is testing for a promotion in rank).