

One-Step Sparring Techniques

Note: To be done before you start the one-step techniques

- 1) Face each other, start in a Charyut (Attention) stance and Kyong Ye (Bow) to each other.
- 2) Both start in a Junbi (Ready) stance with one arm each distance from each other.

Note: To be done at the beginning of each one-step technique

- 1) Attacker steps back with right foot into a left forward stance and executes a left-forearm down block with a KIHAP (YELL) to let the defender know they are ready to attack.
- 2) Defender stays in Junbi (Ready) stance and KIHAPS (YELLS) to let the attacker know they are ready to defend.

The Five Basic One-step Sparring Techniques

(1) 1. Attacker – a) Step forward into a right forward stance and execute a right reverse middle punch to the solar plexus.

2. Defender – a) Step with the right foot to the right 45 degrees into a horse stance staying close to your opponent

b) Execute a left outside middle block

c) Execute a right middle reverse punch to the solar plexus – KIHAP (YELL)

(2) 1. Attacker – a) Step forward into a right forward stance and execute a right reverse middle punch to the solar plexus.

2. Defender – a) Step with the left foot to the left 45 degrees into a horse stance staying close to your opponent

b) Execute a right outside middle block

c) Execute a left middle reverse punch to the kidney/liver area – KIHAP (YELL)

(3) 1. Attacker – a) Step forward into a right forward stance and execute a right reverse middle punch to the solar plexus.

2. Defender – a) Step with the right foot to the right 45 degrees into a horse stance staying close to your opponent

b) Execute a left outside middle block

c) Execute a right middle reverse punch to the solar plexus

d) Execute a left high reverse punch to the face – KIHAP (YELL)

(4) 1. Attacker – a) Step forward into a right forward stance and execute a right reverse middle punch to the solar plexus.

2. Defender – a) Step with the left foot to the left 45 degrees into a horse stance staying close to your opponent

b) Execute a right outside middle block

c) Execute a left middle reverse punch to the kidney/liver area

d) Execute a right high reverse punch to the face – KIHAP (YELL)

(5) 1. Attacker – a) Step forward into a right forward stance and execute a right reverse middle punch to the solar plexus.

2. Defender – a) Step with the right foot to the right 45 degrees into a horse stance staying close to your opponent

b) Execute a left outside middle block

c) Execute a right middle reverse punch to the solar plexus

d) Execute a left middle reverse punch to the solar plexus

e) Execute a right high reverse punch to the face – KIHAP (YELL)