

Defender One-Step Sparring Drill Guidelines

The defender should look at the One-Step Sparring Drill as an opportunity to display and apply their knowledge of TKD forms and techniques. The defender knows what is going to happen when attacked: the attacker throws a right middle punch to their solar plexus. Alternatively, if the defender calls for the attacker to throw a high punch to the bridge of their nose, then the defender lets the attacker know by pointing to his nose.

The defender has the freedom to respond to the attack how he/she wants. Ideally, the defenders will choose techniques learned from their forms. A common response may start out with an evasion technique by stepping to one side or the other of the punch and throwing a block on the punch at the same time. Logically, the next step would be an offensive technique to end the attack. This could be a punch or kick to the attacker. You are not limited to just one offensive technique. It could be 2 or 3 offensive techniques (but no more than 3 offensive techniques after the block). Generally, the block and offensive techniques should be taken from your forms. Each offensive technique should be crisp and show power that would end the assault.

You should prepare at least 7 one-step defenses that you can do in order. Have your defenses planned out and practiced in advance. What you want to avoid is wasting time thinking about what you might do as a response after your attacker has done his down block and kihap and let you know he is ready to throw the punch.

At the Red Belt level, SBN would like to see kicks used in your response. Figure on including kicks in at least 5 of the 7 one-steps that you prepare. Kicks can be used as blocks and/or offensive techniques.

There are several formalities associated with the one-step drill. The defender should consistently do them correctly each time.

1. The instructor will give you several commands to start the one-step drill. For example, the "Charyut" command is given and you bring your feet together and slap your hands to your sides. The "Kunye" command is given and you bow to your opponent (the attacker).
2. At the "Junbi" command, the defender gets in a ready stance (feet shoulder width apart, arms extended down in front of you, elbows slightly bent, fists 6 inches apart). After the attacker does his down block and kihap and you plan to defend from the ready stance position, you sound your kihap to let the attacker know you are ready for his attack.
3. Alternatively, before you kihap, you as the defender have the choice to change into a fighting stance to begin your defense. If the you choose this, you will move from a Junbi ready stance to the fighting stance (could be left or right) and then kihap to let the attacker know you are ready (note there are not 2 kihaps by the defender, only 1).

4. At this point, the defender has a logical sequence of responses:
 - Evade and/or block the punch
 - Go on offense and use techniques to disable the attacker and stop the assault
 - Targets for your offensive techniques could include the 6 shock zones (eyes, bridge of the nose, base of the nose, throat, solar plexus, groin)
 - On your last offensive technique, kihap to let the attacker know you are done
 - After you finish your last offensive technique and kihap, you usually switch roles and become the attacker while your opponent will take on the defender role.
5. Other tips and suggestions for defenders:
 - Show intensity during your defense
 - Show control with the proper distance of your techniques. If your offensive techniques finish more than 6 inches away from the attacker, then they are not close enough.
 - Show good form for all blocks, punches and kicks – think how they are done in forms and duplicate
 - Show good foot work and balance, especially on kicks
 - Show a good mix of blocks and offensive techniques to demonstrate a wide breadth of TKD knowledge – don't do the same thing every time. You have 11 forms (Chong-Ji to Po-Un, relevant for Red Belts) to draw from for techniques. Use techniques that you do well.
 - Look at what the higher belts do in their one-steps. You may see something you like and copy it.
 - When throwing punches, make sure you chamber your other hand back to your hip area – do not let it dangle down by your thigh
 - Write down your 7 one-steps – it will help you get organized
 - Use your smart phone to video your one-steps – it will give you a good perspective on the effectiveness of your defenses
6. The more you practice your one-steps, the more comfortable and natural it will feel and flow
7. Your one-step defenses should incorporate the essence of what is called the TKD Reaction Process: Decision, Speed, Power, Focus