

One Step Sparring

White Belt

- 1) Step to the outside (left foot moves out to left) – Right leg roundhouse kick to stomach
- 2) All at same time (stepping right leg towards attacker, left hand high block, right arm elbow to chin)

Yellow Belt

- 3) Step to the outside (left foot moves out to the left) – right leg front kick to ribs
- 4) Left leg out to the outside, right hand outer block – double punch to side

Orange Belt

- 5) Right leg steps toward attacker, knife hand outer block with left hand and right hand neck attack (at same time), right leg comes back to left leg (feet together) pulling attacker's arm and knife hand strike to back of neck.
- 6) Step to the inside (right foot moves in to the right) – left hand knife hand outer block with right hand punch at same time, follow up with a second punch to midsection

Green Belt

- 7) Left hand outside to inside palm block, spinning around in direction of palm block with a knife hand to the back of the attacker's neck, position right leg behind attacker's front leg and sweep the leg while using your arm (right arm ridge hand) across their chest to pull them down.
- 8) Step to the inside (right foot moves in to the right) and in one move, left leg side kick to attacker's stomach

High Green Belt

- 9) Left foot steps forward and slightly to the outside while blocking attacker's punch with a right knife hand outer block, grab attacker's wrist and do a right leg roundhouse kick to the stomach and then a right leg sidekick to attacker's knee.
- 10) Left hand outside to inside palm block, spinning around in direction of palm block with a right arm elbow to back of attacker's head, follow up with a left arm elbow to attacker's face

Blue Belt

- 11) Left leg steps back, left leg back spinning hook kick
- 12) (Attacker does a right leg front kick) Low X – block of kick, instep sidekick to attacker's standing leg while pulling attacker's kicking leg to your right hip.

Purple Belt

- 13) Left foot steps forward and slightly to the outside while blocking attacker's punch with a right knife hand outer block, grab attacker's wrist and do a right leg round house kick to attacker's stomach then a right leg inside to outside crescent kick over attacker's head.
- 14) Right leg steps in towards attacker, left knife hand outer block with right hand and catching attackers punch - choke strike to attacker's neck (at same time)

Brown Belt

- 15) Right leg stepping in towards attacker, left hand outer block with right arm upper elbow strike (at same time)
- 16) Right leg outside to inside crescent kick block of attacker's punch followed by a back spinning hook kick with left leg