



One Step Sparring 1-15

**Highlighted is the block or strike as well the area of contact*

1. Step Out w/right foot, step in w/left foot **block (súdo)** the punch w/left hand(partner), and **punch under the nose** w/right fist.
2. Step out w/right footstep in w/left foot **block (súdo)** the punch w/ left hand, and **punch towards stomach area** w/right fist
3. Step out w/right foot step in w/left foot **block (súdo)** the punch w/left hand, and **chop towards the neck area** w/right hand
4. Step out w/right foot, step in with left foot into a horse stance **punch towards the stomach** then shift into front stance (left foot forward) **block (súdo)** and **punch towards face area**.
5. Step in w/ right foot **Chop block** w /right hand, **back fist to the temple**, turn over your left shoulder and **left elbow towards the sternum**.
6. Step out w/right foot, step in w/left foot **back fist under the nose**, and **punch towards sternum area**. *
7. Step out w/right foot, **front snap kick towards the stomach** w/left foot, **block (súdo)** w/left hand and **punch under the nose** w/right hand.
8. Step out w/right foot, **front snap kick towards the stomach** w/left foot, pull the punching arm towards you and **ridge hand (Yuk Soo)** w/right hand towards the **temple**.
9. Step out w/right foot, **front snap kick** w/left foot **towards the stomach**, **crescent kick (out to in) towards attackers arm**, and **reverse punch under the nose** w/left hand.
10. Step out w/right foot, **front snap kick** w/left foot **towards the stomach**, **grab wrist and shoulder**, step behind the attacker w/right foot, **sweep**, and finish with a **combat stance**.
11. Step out w/right foot, **front snap kick** w/left foot **towards the stomach**, **side kick to the chin**, **block** w/right palm, and **reverse punch under the nose** W/left hand.
12. Step out w/right foot, **front snap kick** w/left foot **towards the stomach**, **low round house kick** w/right leg **towards the rib cage**, and then **high round house towards the chin** w/the same leg, **Block** w/right palm, reverse **punch** w/left fist **under the nose**.
13. Step out w/right foot, **front snap kick** w/left foot **towards the stomach**, **side kick** w/ right foot **towards the chin**, **spinning hook kick** w/left foot **towards the attackers arm**, and reverse **punch** w/right hand **under the chin**.
14. Step out w/right foot, **front snap kick** w/left foot towards the **stomach**, **side kick** w/right foot **towards the chin**, **back kick** w/left foot **towards the stomach**, **jump front snap kick** w/right leg **towards the chin**, **block** w/right palm, and **reverse punch** w/left hand **under the nose**.
15. Step out w/right foot, **front snap kick** w/left foot **towards the stomach**, land/step to the left of the attackers arm with left leg, **round house kick** w/right foot **towards the stomach**, chamber foot and step behind attacker w/right foot, strike w/right **elbow towards the rib cage**, turn over left shoulder, strike w/left **elbow to rib cage**, bring the arm over your head using your left hand, grab the wrist and shoulder, **sweep**, and finish with a **combat stance**.