

Lil Dragon One-Step Combinations

- All one-steps begin and end in Chung-Be (ready) position.
- Person on the Right executes one-step first unless he/she chooses not to or Instructor directs otherwise.
- One partner extends left Punch face high, from a Left Back stance
- Second partner executes One-step.
- All Ki-Haps (TKO short yells) indicates the end of One-step.

Lil Dragon ONE-STEPS

1. Right high block
Left middle punch
Right high punch
Left front kick
Hands in guard position, double step back
2. Right Inner Forearm Block
Right Backfist High
Right Side Kick
Hands in guard position, double step back.
3. Left outside crescent block,
Right front kick,
Right Knifehand strike high,
Left middle punch
Hands in guard position, double step back.