

- 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.

WHITE BELT ONE-STEPS (Juniors do 1, 2, and 3)

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.
4. Step back with Left leg(Right back stance), #3 Right side kick,
Right Inner forearm block
Left middle punch,
Right high Hammer fist,
Step back with Right foot, **Left front kick**;
Hands in guard position, double step back.
5. Left Crescent Kick
Right Front Kick/ Side Kick Combination
Right Knifehand Strike High
Left Reverse Punch Middle
Hands in guard position, double step back.