

- 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.

ONE-STEPS – Yellow Belt

Juniors (up to 12 years old) perform 1-3. Adults (13 years old or older) perform 1-5 indicated in **BOLD**.

1. Left Front Kick

Left Outer Forearm Block (Left Front Stance)

Right Reverse Punch Middle (Left Front Stance)

Left Round Kick

Hands in guard position, double step back.

2. Right Crescent Block

Left Front Kick/ Round Kick Combination

Right Spin Side Kick

Hands in guard position, double step back.

3. Left Outside Block (Left Sitting Stance)

Left Backfist High (Left Sitting Stance)

Left Side Kick

Right Spin Crescent Kick

Hands in guard position, double step back.

4. Step Right 45 degrees to evade (Right front stance),

Left reverse hooking block grab,

Left double round kick,

Push fist down, step feet together, **Right spin outside crescent kick**

Hands in guard position, double step back.

5. Slide Right to evade, Right outside block (sitting stance),

Left then Right middle punch,

Left outside crescent kick,

Right round kick;

Hands in guard position, double step back.