

White Belt One-steps

Each one-step starts with both students at Joonbi (Ready stance). The attacking side steps back to a Back stance with a loud "kiap" to indicate that he/she is ready to do the attack. When the defending side is ready, he/she does a loud "kiap". At that point the attacking side starts the attack.

Note: This procedure is followed for the Gold belts one-steps also.

The white belts one-step attacks are all from the Right side. The attacks for one-steps 1, 2, and 3 are Right Lunge punches thrown from proper Right Forward stances and for one-steps 4, 5, and 6 the attacks are Right overhand Knifehand strikes thrown from proper Right Forward stances.

The defending student does the one-step with a loud "kiap" on the last technique and both students step back to Joonbi. Now the attacker becomes the defender and alternate after each one-step.

One-step 1

1. Slide forward 45' to the left and set in a kimase stance facing the attacker doing a Left Inward block ...
2. Do a Right punch to the midsection/ribs ...
3. Do a Left punch to the head with a loud "kiap".

One-step 2

1. Slide the Left foot to the Right foot and step in to a Left Back stance doing a Left Outward block with a Knifehand and a Right Knifehand strike to the neck...
2. The Left hand grabs the attacker's wrist as the Right hand chambers for a Knifehand strike ...
3. Do a Right Knifehand strike to the other side of the attacker's neck a loud "kiap" while the Left hand pulls the attacker into the strike.

One-step 3

1. Turn left 90' on the Right foot and step to a Left Forward stance doing a Right Outward block ...
2. Slide Right foot to Left Tiger's stance with a Guarding block ...
3. Do a Right (lead leg) Side kick to the midsection/ribs and set down behind the attacker's stance in a Kimase stance doing a Right Knifehand to the neck.

One-step 4

1. Step back with the Right foot to a Right Back stance doing a Left Rising block with a Knifehand ...
2. The Left hand grabs the attacker's wrist while the Left foot slides back to the Right foot ...
3. Do a Right Front kick to the midsection/ribs and set down forward to a Right Forward stance doing a Right elbow strike to the chin/face.

One-step 5

1. Step to the left and set in a Left Tiger's stance with a Guarding block ...
2. Do a Right (lead leg) Round kick to the midsection and set down inside the attacker's stance doing a Left Snap Reverse punch to the head.

One-step 6

1. Step to the right and set in a Right Tiger's stance with a Guarding block ...
2. Do a Left (lead leg) Side kick to the midsection and set down inside the attacker's stance doing a Right Snap Reverse punch to the head.