

~~Gold Belt One-steps~~

YELLOW/ORANGE

These one-steps are done with the same process as the White Belt One-steps. The differences are in the attacks. The attack for one-step 1 is a Right Lunge punch. The attack for one-step 2 is a Right Overhand Knifehand. The attack for one-step 3 is a Left Lunge punch. And the attack for one-step 4 is a Left Overhand Knifehand.

One-step 1

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 ...
3. (without setting the foot down) Do a Right Side kick to the knee...
4. (without setting the foot down) Do a Right Side kick to the midsection.
5. Set down in a Back stance behind your partner.

One-step 2

1. Remain in the Ready stance and do a High "X" block ...
2. Bring the attacker's arm around and down to your waist maintaining control of the hand...
3. Do a Right Front kick to the midsection or face ...
4. Set down 45' to the right in a Right Forward stance doing a Left Forearm strike above the attacker's elbow.

One-step 3

1. Step in turning right 90' and setting in a Kimase stance doing a Double forearm block...
2. Place the Right palm on the Left fist and extend the Left arm across to the right...
3. Do a Left Elbow strike to the solar plexus...
4. Then quickly pivot to a Left Half-kimase stance doing a Left Backfist to the face.

One-step 4

1. Step forward to a Right Forward stance doing a Right Rising block with a Knifehand and a Left Palm Heel strike to the groin...
2. Pull the Left hand back in a fist above the Left shoulder while pivoting to a Left Back stance ...
3. Pivot back to a Right Forward stance while doing a Left Palm Heel strike to the face.