



Kim's Martial Arts School

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One Step Sparring

- 1) Right foot steps forward, left outside block, right punch to solar plexus, left punch to solar plexus, right punch to face.
- 2) Left foot steps out, right outside block, left punch to solar plexus, right punch to solar plexus, left punch to face.
- 3) Right foot steps forward, left outside block, double knife hand block to the neck, grab neck, pull head down and bring up left knee, striking opponents forehead on left knee.
- 4) Left foot steps out, right outside block and grab arm, right leg roundhouse kick to stomach, right leg side kick to ribs and pull arm at same time.
- 5) Right foot steps forward, left outside block and inner knife hand strike to neck at same time, grab wrist, right leg sliding to left and execute right knife hand strike to neck, rotate and twisting under opponents arm 180 degrees clockwise so that opponents arm is hyper extended over your left shoulder, with elbow on shoulder pull down to break elbow.
- 6) Left foot steps out, left slapping block, right ridge hand strike to stomach, left ridge hand strike to back, right ridge hand strike to face, side kick to back of right knee, right knife hand strike to back of neck.
- 7) Rotate counterclockwise 180 degrees and dropping down to hand and knees, right leg back kick to opponents right knee.
- 8) Right foot steps forward, right fist block, right back fist strike to side of face (Temple), left elbow strike to left side of face, right elbow strike to right side of face, lifting up your right knee plunge right elbow in to opponents ribs.
- 9) Right outside inside kick striking hand, right foot stepping down, left foot back kick to opponents midsection.
- 10) Left foot steps out, right outside block and grab arm, right leg roundhouse kick to stomach, step down behind opponents right foot, right knife hand strike to neck, right knife hand strike to back, grab opponents right arm and right shoulder, sweep opponents right foot, when opponents is down right punch to face.
- 11) Left foot steps forward, left outside block, rotate 180 degrees clockwise pivoting on left foot to perform right knife hand strike to back of opponents neck, pivoting on right foot left arm comes forward around to front of opponents neck placing thumb against opponents adams apple, right hand pressing on back of neck to choke hold, left knee comes up to small of back using it a leverage as you pull back on choke hold.

- 12) Right outside inside kick striking hand, without dropping leg right leg side kick to opponents midsection.
- 13) Left foot steps out, right circle block, sliding up forearm, right arm grab, pulling in opponents right arm as your right knee comes up and strike opponent in stomach, right elbow strike to opponents back while opponent is bent over.
- 14) Right leg stepping in over opponents right leg, right outside block, left elbow strike, right elbow strike. Squat down on opponents right leg and pick up opponents right leg, dropping opponent on his back then right side kick to face.
- 15) Left foot steps out, right outside block and grab arm, right leg roundhouse kick to stomach, while holding arm right leg hook kick to face over arms, right roundhouse to face over arms.
- 16) Right foot steps forward, left inner circle down block, grab opponents right hand below the knuckles with both hands, press thumbs against back of opponents hand and bend wrist with pressure, execute right snap kick to opponents face.
- 17) Left foot steps out, right inner circle down block, grab opponents right hand below the knuckles with both hands, press thumbs against back of opponents hand and bend wrist with pressure, left leg step back pivoting on your right foot pull down opponents arm and pin opponents elbow to ground while applying pressure to opponents bent wrist.
- 18) Right foot steps forward, upper left arm block, right knife hand strike to groin, grab opponents right arm and sliding right hand down opponents right leg grab opponents right ankle knocking opponent off his feet, right leg kick to opponents face.
- 19) Left upper block, grab opponents right hand bending it at the wrist, right ridge hand to inside of opponents elbow, push up opponents right elbow with your right hand, step behind opponents right leg and sweep to mat continuing to bend elbow upward while your knee is in opponents chest.
- 20) Left foot steps back, left outside inside kick stepping down into jump spinning back inside outside crescent kick (left leg kicking).