



One Step Sparring 1-15 **Highlighted is the block or strike as well the area of contact*

1. Step Out w/right foot, step in w/left foot **block (súdo)** the punch w/left hand, and **punch under the nose** w/right fist.
2. Step out w/right footstep in w/left foot **block (súdo)** the punch w/ left hand, and **punch towards stomach area** w/right fist
3. Step out w/right foot step in w/left foot **block (súdo)** the punch w/left hand, and **chop towards the neck area** w/right hand
4. Step out w/right foot, step in with left foot into a horse stance **punch towards the stomach** then shift into front stance (left foot forward) **block (súdo)** and **punch towards face area**.
5. Step in w/ right foot **Chop block** w /right hand, **back fist to the face** turn over your left shoulder and **l/elbow towards the stomach**.
6. Step out w/right foot, step in w/left foot **back fist under the nose**, and **punch towards sternum area**. *
The attack is done simultaneously.
7. Step out w/right foot, **front snap kick towards the stomach** w/left foot, **block (súdo)** w/left hand and **punch towards the face** w/right hand.
8. Step out w/right foot, **front snap kick towards the stomach** w/left foot, pull the punching arm towards you and **ridge hand (Yuk Soo)** w/right hand towards the **temple**.
9. Step out w/right foot, **front snap kick** w/left foot **towards the stomach**, **crescent kick (out to in)** **towards attackers arm**, and **reverse punch towards the face** w/left hand.
10. Step out w/right foot, **front snap kick** w/left foot **towards the stomach**, **grab wrist and shoulder**, step behind the attacker w/right foot, **sweep**, and finish with a **punch**.
11. Step out w/right foot, **front snap kick** w/left foot **towards the stomach**, **side kick to the face area**, **block** w/right palm, and **reverse punch towards the face** W/left hand.
12. Step out w/right foot, **front snap kick** w/left foot **towards the stomach**, **low round house kick** w/right leg **towards the attacker's legs**, and then **high round house** towards the face w/the same leg, Block w/right **palm**, reverse **punch** w/left fist to the **face**.
13. Step out w/right foot, **front snap kick** w/left foot **towards the stomach**, **side kick** w/ right foot **towards the face area**, **spinning hook kick** w/left foot **towards the attackers arm**, and reverse **punch** w/right hand **towards the face**.
14. Step out w/right foot, **front snap kick** w/left foot towards the **stomach**, **side kick** w/right foot **towards the face**, **back kick** w/left foot **towards the stomach**, **jump front snap kick** w/right leg **towards the stomach or face area**, **block** w/right palm, and **reverse punch** w/left hand **towards the face area**.
15. Step out w/right foot, **front snap kick** w/left foot **towards the stomach**, **round house kick** w/right foot **towards the stomach**, chamber foot and step behind attacker w/right foot, strike w/right **elbow towards the stomach**, turn over left shoulder, strike w/left **elbow**, bring the arm over your head using your left hand, grab the wrist and shoulder, **sweep**, and finish with a **punch**.