

# One Step Sparring

## Twenty Techniques Defending against a Punch:

1. Step back with the right leg into a long stance while executing a left-hand inside forearm block to the attacker's punch. Counter the punch with a reverse punch to the floating ribs with your right fist. Ki Hap when punching.
2. Step back with the right leg into a long stance while executing a left-hand high block to the attacker's punch. Counter the punch with a reverse punch to the attacker's philtrum. Ki hap while punching.
3. Step back with your right leg into a back stance while blocking the attacker's punch with a left hand single knife hand guarding block. With the blocking hand grip the attacker's wrist. Change stance from the back stance to a long stance and pull the opponent towards you with your left hand whilst simultaneously performing a right-hand punch to the attacker's face. Ki hap while punching.
4. Step sideways with your left leg by 45 degrees into the attacker's blind side into a horse-riding stance. Block the attacker's punch with a right-hand outer forearm block. Perform a left then right-hand punch to the attacker's head. Ki hap while punching.
5. Step sideways by 45 degrees into the attacker's blind side using a horse-riding stance. Block the attacker's punch with a left-hand push block. Perform a right then left-hand punch to the attacker's floating ribs and finish with a right-hand punch to the attacker's face. Ki hap on the final punch.
6. Step sideways by 45 degrees into the attacker's blind side using a horse-riding stance. Block the attacker's punch with a left-hand tap block. Both hands grab the attacker's right shoulder. Pull the attacker forward while executing a right-leg knee strike to the attacker's floating ribs. Ki hap while striking.
7. Step sideways 45 degrees into the attacker's open side into a horse-riding stance while blocking the punch with a left-hand knife hand block. Quickly switch stances into the left foot forward long stance while executing a right-hand knife hand strike to the left-hand carotid artery, knocking the opponent out. Ki hap while attacking.
8. Step sideways 45 degrees into the attackers open side into a horse-riding stance while blocking the punch with a left-hand knife hand block. Quickly switch stances into the left foot forward long stance while executing a right-hand spear hand punch to the attacker's solar plexus. Ki hap while punching.
9. Step sideways 45 degrees into a Horse-riding stance while blocking the attackers punch with a left-hand knife-hand block. Simultaneously perform a right-hand punch to the attacker's solar plexus followed by a double punch to the face. Ki hap on the final punch.



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10. Step sideways 45 degrees into a Horse-riding stance while blocking the attackers punch with a left-hand knife-hand block. Grab the attacker's wrist and do not let go. Pivot into a left foot forward long stance while performing a right-hand elbow strike to the attacker's chin. Pull the attacker forward with your left hand while performing a back elbow strike to the attacker's chin. Ki hap on the final strike.
11. Step sideways 45 degrees into a Horse-riding stance while blocking the attackers punch with a left-hand knife-hand block. Grab the attacker's wrist and do not let go. Pivot into a left foot forward long stance while performing a right-hand elbow strike to the attacker's chin. Pull the attacker forward with your left hand while performing a back elbow strike to the attacker's chin. Pivot counter clockwise to finish with a left-hand assisted spinning elbow strike to the attacker's solar plexus. Ki hap on the final strike.
12. Step in with a right foot forward long stance while performing a left-hand high block to the attack. Both hands grab the attacker's head / neck. Pull the attacker forward and down while performing a left-leg knee strike to the attacker's groin / solar plexus / head. Ki hap on the knee strike.
13. Step back with the right leg into a left leg forward long stance. Left arm performs an outer forearm block. Move in and perform a right leg front snap kick. Ki hap on the kick.
14. Right leg steps back into back stance while executing a left-hand outer forearm block. Move in performing a right leg half-turning kick to the attacker's floating ribs. Ki hap on the kick.
15. Left leg moves back into a back stance. Right hand performs an outer forearm block then grips the attacker's wrist. Lift the attackers attacking arm, pull towards you and perform a right-leg side kick to the attacker's floating ribs. Ki hap on the kick.
16. Right leg moves back into back stance, right hand performs an outside knife-hand block to the attacker's punch. Grip the wrist. Perform a full turning kick to the attacker's head. Ki hap on the kick.
17. Left leg moves back into back stance. Right hand performs a push block. Complete the anticlockwise movement with a left-leg back kick to the attacker. Ki hap on the kick.
18. Left foot moves back into a right leg forward back stance. Right hand performs an inside knife hand block. Turn Anti-clockwise 180 degrees to execute either a full reverse turning kick or a reverse hook kick.



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19. Step the left foot forward to the blind-side while performing a right-hand knife hand block. Grip the wrist. Chamber the right leg and perform a downward side-kick to the attacker's right knee. Ki hap on the kick. Step forward with the right foot and duck under the attacker's arm turning anti-clockwise whilst still holding the wrist. When the turn is completed use the left hand to the attacker's elbow to reinforce an arm lock.
  
20. Left leg moves forward and to the outside of the attacker's right leg and into a long stance. Left hand performs an inner tap block to the attacker's elbow. Right hand performs a heel strike to the attackers face (from under the attacking arm) then grips the attackers neck, pulls down and forwards to allow the right leg to perform a knee strike to the attacker's floating ribs. Ki hap on the knee strike.

**All of the techniques should be practised both left and right-handed!**