

General Points to start.....

All of the one step sparring start with both students in narani junbi sogi, parallel ready stance. The only line up you will need is extending the arm and fist to the body of your opponent. Similarly, the only attack in one step sparring is to step forward into walking stance, middle obverse punch, (kaunde baro jirugi), therefore it will not be typed out every single time. Each of the one step sparring combinations must be performed with the left and right hand attacking. When the attacker is ready, he or she shouts, or kihaps. The defender then kihaps when he or she is ready.

Number 1 - At Green Tag

Step back on the right leg into a left walking stance (gunnan sogi) whilst performing a left middle inside outer forearm block. (Gunnan sogi wen kaunde bakat palmok makgi). Counter with a right reverse punch (orun bandae jirugi) to the point of the chin. Kihap (shout) on this technique. For a left sided attack, i.e. with the left hand, just swap around which leg you move first and which arm blocks and punches. This is the same for all one step sparring. In this instance, defending a left attack would involve stepping back on the left leg performing a right middle outer forearm block, then a left reverse punch to the point of the chin. Swap for left attack.

Number 2

Step back on your left leg forming a left L-stance whilst performing a middle right outside outer forearm block. Step your left leg through into a walking stance then bring your right leg forward to form a left L-stance whilst performing an outward knifehand strike to the attacker's neck. (Niunja so bakuro sonkal taerigi). Kihap (shout) on this strike. Swap for left attack.

Number 3 - At Green Belt

Step back on your left leg to form a left L-stance while performing a right middle inward inside outer forearm block (orun kaunde anuro bakat palmok makgi). Straighten your the back leg and chamber the hands, as you sit back down into the stance perform a back fist strike to the nose or temple. Kihap on this technique. Swap for a left attack.

Number 4

Slip your left leg off on 45 degrees to the outside of the attack to form a sitting stance, while performing a palm block with the left hand, connecting just above the elbow. (Anun so sonbadak makgi). Counter, remaining in sitting stance with a punch to the head and then to the ribs. Kihap on the last punch). Swap for a left attack.

Number 5 - At Blue Tag

Step back on the left leg to form a left L-stance whilst performing an inward inside outer forearm block with the right hand. Bring your front (right) foot halfway into the stance (towards the left foot), then pivot on that right foot in an anti-clockwise direction to form a right fixed stance, performing a back elbow thrust with the left elbow to the solar plexus, (Gojung so wen dwit palkup tulgi). Kihap on the elbow thrust. Swap for left attack.

Number 6

Counter by pivoting on the left foot towards the attacker, assuming a sitting stance so that you are inside their stance and attack, while executing a middle outward block with the left outer forearm and a high punch to the side of the jaw with the right hand simultaneously. Kihap. Swap for a left attack.

Number 7 - At Blue Belt

Counter by pivoting on the left foot towards the attacker, assuming a sitting stance so that you are inside their stance and attack, while executing a middle outward block with the left knifehand and a high inwards knifehand strike to the side of the jaw, neck or temple with the

right hand simultaneously. Kihap. Swap for a left attack.

Number 8

Slide backwards on the 45 degree angle to your right assuming a right L-stance forearm guarding block, (Orun niunja so palmok daebi makgi). Counter with a low front snap kick to the lower abdomen landing in a right walking stance. On landing perform obverse then reverse punches to the point of the chin. Kihap on the last punch. Swap for a left attack.

Number 9 - At Red Tag

Slip backwards on the 45 degree angle to your right assuming a right L-stance forearm guarding block. Counter with a high flying front kick. This can be from either leg, but you must make sure that you kick with a different leg on the right and left attack situations. Kihap on the kick. Swap for left attack.

Number 10

Slip backwards on the 45 degree angle to your right assuming a right L-stance forearm guarding block. Counter with a high flying side piercing kick. This can be from either leg, but you must make sure that you kick with a different leg on the right and left attack situations. Kihap on the kick. Swap for left attack.

Number 11 - At Red Belt

Slip backwards on the 45 degree angle to your right assuming a right L-stance forearm guarding block. Counter with a high flying turning kick. This can be from either leg, but is advisable from the back leg and you must make sure that you kick with a different leg on the right and left attack situations. Kihap on the kick. Swap for left attack.

Number 12

Slip backwards on the 45 degree angle to your right assuming a right L-stance forearm guarding block. Counter with a high flying reverse turning kick from the back leg. Kihap on the kick. Swap for left attack.