

# AI-Series One Step Sparring

## Defense

AI-1 -Chamber hands at right side at chest level, right fist (palm upward) under left knife hand (palm upward). Step into right forward stance with simultaneous right high section punch and left high section outer knife hand block.

Pushing backward off right foot, execute right jump front snap kick.

AI-2-Chamber with right hand extended, left hand (palm upward) in preparation for punch.

Step into right back stance with left midsection side punch to solar plexus.

Re-chamber hands at right side, right fist (palm upward) under left knife hand (palm upward).

Change to left forward stance while executing right high section punch and left-high section outer knife hand block.

Re-chamber right hand at right side (open palm upward) at chest level.

Maintain position of left knife hand block.

Execute right high section fingertips attack with palm downward.

AI-3-Right step to right side to avoid punch, chamber both fists in front at chest level.

Execute left front snap kick.

Stepping down close to right foot push with both feet (straight upward) executing left jump front snap kick.

AI-4-Chamber hands at right side, chest level, right fist (palm downward) under left knife hand (palm upward).

Simultaneously execute right front snap kick with left high section outer knife hand block.

As right foot steps down, grab attacker's right wrist with left hand pulling attacker forward into a right high section punch.

A1-5-Chamber hands at each side at chest level, left fist (palm upward), right fist (palm downward).

Step into left forward stance with midsection left elbow strike while turning (palm downward) attack is with the tip of the elbow.

Spin into right midsection elbow attack while turning (palm upward) with left foot in back, balance on toes, right foot is at a 90-degree angle. Thighs are locked together at the knees with slight bend to both knees. Push off with right foot jumping away from attacker while performing right jump back kick.

A1-6-Chamber hands at left side at chest level, left fist (palm downward) under right knife hand (palm upward).

Step with left at 45 degree angle into left forward stance avoiding punch. Simultaneously right knife hand hooking block, re-chambering left fist at chest level (palm upward), grab wrist, twist and pull Attacker off balance while executing left high section punch.

Follow up with right midsection front round kick.

A1 -7-Chamber hands at right side at chest level right fist (palm downward) under left knife hand (palm upward).

Step in right while executing right midsection upset punch turning (palm upward) and left outer knife hand block.

Without re-chambering, execute right vertical punch to philtrum.

A1 -8 Chamber hands at right side at chest level, right fist (palm upward) under left knife hand (palm upward).

Step in with right high section elbow side strike while turning (palm downward) and perform left outer knife hand block.

Grab attacker's right wrist with left hand.

Bring right fist farther back (palm should be next to and facing your left ear). Pull attacker in while executing right high section elbow strike, striking with point of elbow.

Right fist should end (palm downward) upon impact.

A1 -9 Side step right foot to right side chambering both fists in front at chest level.

Execute left side thrust kick.

Step down close to right foot.

Pushing up with both feet execute straight upward left jump side thrust kick.

A1-10A Crossover step with right foot to left side with both fists in front at chest level.

Side step with left foot while chambering left open palm (fingers pointing downward) at left side and right fist at right side (palm upward). Upon landing in horse riding stance execute palm attack to upper arm followed by right and left high section punches.

Right midsection front round kick. Step back into horse riding stance. Execute right then left midsection punches.

A1-10 B Crossover step with right foot to left side with both fists in front at chest level.

Side step with left foot while chambering left open palm (fingers pointing downward) at left side and right fist at right side (palm upward). Upon landing in horse riding stance grab Attacker's upper arm with left hand while simultaneously executing right high section punch to temple. Right midsection front round kick.

Step back into horse riding stance. Execute right then left midsection punches.

