

One Step Sparring

Advanced Series

Defense

Advanced-1

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

Take right step in with rapid left knife hand block while chambering right hand (palm upward) at right side, chest level.

Upon landing with right foot, simultaneously complete double high section fingertips attack (both palms downward).

The right foot steps back to left foot. Left front snap kick, step down with left foot meeting right foot.

Right axe kick.

Advanced-2

Chamber hands, left arm extended (left fist palm downward) and right fist at right side, approximately at ear level with palm facing attacker.

Step in with right foot into left back stance while blocking with right outer forearm block inward.

Chamber right fist (palm upward) in the area of left shoulder.

While turning, right fist downward, perform right midsection elbow attack (striking with point of elbow).

Right high section back fist.

Right foot steps back to left foot.

Execute left side thrust kick, step down left foot to right foot followed by right back

kick.

Advanced-3

Execute right inner crescent kick to attacker's right arm.

Chamber hands at left side, chest level (left fist palm upward) under (right fist palm downward).

Step with right foot into left back stance while performing U shape punch (left high section punch and right midsection upset punch) with both fists ending in a vertical line.

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

Left knife hand block and right high section punch while remaining in left back stance.

Right midsection front round kick, step down with right foot to left foot, left reverse round kick.

Advanced-4

Chamber hands in front of chest while stepping in with left foot at a 45 degree angle.

Chamber right knife hand (palm upward) at right side, thigh level, in back of body.

Step into right forward stance executing right midsection ridge hand attack to solar plexus.

While chambering hands in front of chest also chamber right leg then execute right midsection front round kick.

Step with right foot behind attacker's right foot.

Grab attacker's neck or shoulder with right hand.

Sweep with right foot while pushing attacker off balance in opposite direction causing the attacker to fall.

Advanced-5

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

Take small step with right foot to the left with right knife hand block.

Grab attacker's wrist and twist counter clockwise while pulling downward. Simultaneously step with left foot behind attacker's right foot while raising left arm.

Upon landing, lower left forearm locking attacker's right arm (slightly above elbow).

Apply upward pressure to attacker's upper arm while applying downward pressure to attacker's palm and pushing palm in direction of attacker's wrist.

Advanced-6

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

Take small step with right foot to the left with right knife hand block and simultaneously chambering left hand at left side, chest level (open palm facing attacker and fingers pointing downward).

Grab attacker's wrist with right hand.

Step with left foot into horse riding stance. Upon landing, apply pressure with left hand to attacker's elbow.

Step in front of attacker with left foot while grabbing attacker's wrist in both hands, twisting counter clockwise and lifting upward.

Pull attacker's arm downward into left shoulder attack. Maintaining grip on wrist, step back with left foot pulling attacker off balance.

Chamber right knife hand (palm upward) at right side, thigh level in back of body.

Right ridge hand to solar plexus followed by right midsection front round kick.

Advanced-7

Chamber hands at both sides, chest level (open palms facing attacker with fingers pointing downward).

Step forward with left foot.

Upon landing, block attacker's fist with both palms.

Grab fist with both hands. Lift upward while twisting hand and step forward with right foot passing beneath attacker's upraised arm. Step back with left foot maintaining grip on fist, pull arm downward and toward defender while completing right front round kick.

Advanced-11

Extend left arm with fist (palm downward) and chamber right knife hand at right side (open palm facing attacker at ear level).

Step with right foot into walking stance with right outer knife hand block inward.

Without chambering, slide right knife hand along attacker's arm striking neck with outer knife hand (palm downward).

Chamber right hand (palm upward) at right side, thigh level in back of body.

Execute right high section ridge hand strike to temple.

Execute right front round kick.