

B-Series One Step Sparring

Defense

B 1-Chamber hands, left knife hand (palm upward) at chest level, right knife hand (palm facing forward) at ear level.

Stepping into right forward stance, execute left outer knife hand block and right outer knife hand strike to neck.

B2-Chamber with right hand extended and left fist (palm upward) in preparation for punch.

Step into right back stance with left midsection side punch to solar plexus. Re-chamber hands, left knife hand (palm upward) at chest level, right knife hand (palm facing forward) at ear level.

Simultaneously change to left forward stance while executing left outer knife hand block and right outer knife hand strike to neck.

B3-Jumping at 45-degree angle to left with left foot, perform right midsection front round kick (before landing on left foot).

B4-Chamber both fists in front at chest level while executing left outer crescent block, stepping down, execute right front round kick.

B5-Chamber hands at right side at chest level, right fist (palm downward) under left knife hand (palm upward).

Step into left forward stance with left outer knife hand strike to neck. Spin clockwise while re-chambering hands in front of chest, left fist (palm downward) under right knife hand (open palm upward). Complete spin with right midsection outer knife hand strike balancing on left toes and right foot at 90 degree angle (thighs are locked to the knees with a slight bend to both knees) and also chambering left fist (palm upward). Spin counter clockwise, re-chamber hands in front at chest level with right fist (palm downward) over left knife hand (palm downward). Land in left forward stance executing left high section inner knife hand strike and chamber right fist (palm upward) at right side.

B6-Chamber hands to 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 execute right knife hand hooking block, re-chambering left hand (fingertips facing downward) at chest level, grab wrist, twist and pull attacker off balance while executing left high section palm attack to temple.

B7-Chamber right fist (palm upward). Take a small step to left side avoiding punch.

Step in right landing behind attacker's foot while simultaneously performing right elbow side strike (palm downward) to attacker's ribs.

Reaching in front with right hand, grab attacker's neck or shoulder.

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

B8-Chamber hands to right side at chest level, left knife hand (palm upwards) above right knife hand (palm upward).

Step in right with left outer knife hand block and right inner knife hand strike to midsection.

While grabbing attacker's wrist with left hand, step with right foot behind attacker's right foot.

Grab with right hand, attacker's neck or shoulder.

Sweep attacker off balance causing attacker to fall.

B9-Chamber fists in front at chest level.

Right running step at slight angle to the right, left running step at slight angle to the left.

Push off with left foot, chamber right leg with knee as close to chest as possible.

Place right foot on attacker's left upper chest.

Simultaneously left hand grabs attacker's right wrist while chambering right fist (palm upward) at right side.

Pull attacker's right wrist with right high section punch.