

Sport Taekwondo Center Associates

ONE STEP FIGHT - 1

One side attacks – Partner **A**

One-side blocks – Partner **B**

1. Partners A and B face each other.
Attention, bow.
2. Partner A: Right foot back (walking stance), Left hand low block. Yell! (This action means, “I am prepared. May I attack?”)
Partner B: Ready Stance. Yell! (This action mean, “I am prepared to block. You may attack.)
3. Partner A: Right foot step forward with right middle punch (walking stance).
Partner B: Left foot step forward (horse stance 45 degreed) with inside block (Left) and middle punch (Right) (in place switch to walking stance). Yell! (This “Yell” after the counter-attack means, “I am finished. “)
4. Partner B: Left foot step back (Attention).
Partner A: Right foot step back (Attention).
BOW.

ONE STEP SELF DEFENSE

One step self defense is a combination of one step sparring and self-defense. Several benefits can be derived from this practice. The main purposes one-step self defense sparring are to develop judgment of distance, to lean control, and to learn how to use your opponent's power by attacking his weak points.

NOTE: The yell is significant for reasons.

1. It initiates concentration.
2. It is a sounding signal to your partner.