

Sport Taekwondo Center Associates

**ONE STEP FIGHT – 10**

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 move in 45 degeed assuming **walking stance**, with right hand knife hand block, you must grab your partner right hand. Right roundhouse to his stomach and right outside crecen kick to his neck. These moves are simultaneous. Yell! (This “Yell” after the counter-attack means, “I am finished. “)
4. Partner B: Back to attention position.  
Partner A: Back to attention position.  
**BOW.**

**NOTE:** During practice is important not to grab or to hold your partner too tightly. Grips and holds should appear tight and secure, but not be uncomfortable to your partner. It is important to practice with control in order to improve your technique.

Everyone has weak points or pressure points. (Throat, groin...) These vital body parts do not have the natural ability to strengthen themselves for protection, and this is a very important fact to remember in self-defense.

Practice them regularly. The key is to repeat them again and again until they become reflexive.