

Sport Taekwondo Center Associates

ONE STEP FIGHT - 2

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: Right foot step forward (horse stance 45 deegreed) with outside 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: Left foot step back (Attention).
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.