

Sport Taekwondo Center Associates

ONE STEP FIGHT - 6

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 degreed assuming **walking stance**, block with right knife hand (must grab your partner right) and right roundhouse kick to the stomach. 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.**