

Sport Taekwondo Center Associates

ONE STEP FIGHT - 7

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 hand hammer strike (walking stance).
Partner B: Left foot move in 180 degreed assuming **walking stance**, X-block, grasp your partner right hand with your left hand. Slide your right hand to your partner neck and strike your right knee to his 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.