



Advanced One Step Sparring

1. Step out to the right at a 45° angle into horse riding stance. Simultaneous knife hand block with left hand and punch to face with right hand. Jump front kick to stomach with right leg. Left hand punch to body, right hand punch to face.
2. Step out to the right at a 45° angle into horse riding stance. Left hand punch to stomach. Chamber both hands to the right side then simultaneous knife hand block with left hand and punch to face with right hand. Step back with right leg, side thrust kick to face with rear (right) leg. Set down in front stance and left-hand punch to body then right-hand punch to face.
3. Step back with left leg into back stance and open hand block with right hand (simultaneously chambering left hand). Cross hands then elbow strike to ribs/stomach in horse riding stance. Slide right foot back into back stance and spin back kick to face with left leg. Set down in front stance and left-hand punch to body then right-hand punch to face.
4. Step back with left leg into back stance and open hand block with right hand. Cross hands then elbow strike to stomach in horse riding stance. Rotate body and reverse elbow strike to stomach with left elbow. Step out with right foot back into back stance. Round house kick to face with right leg. Set down in horse riding stance, left hand punch to body, right hand knife hand strike to neck.
5. Step back with left leg into back stance and open hand block downward with right hand. Cross arms then knife hand strike to neck with right hand. Slide back into back stance and front leg side thrust kick to face with right leg. Set down in front stance and left-hand punch to body then right-hand punch to face.
6. Step out to the left into horse riding stance and knife hand block with right hand. Left hand punch to body then right-hand punch to face. Roundhouse kick to stomach with right leg. Set down in horse riding stance with right foot behind opponent's front foot. Knife hand strike to neck with right hand. Step across into front stance with right foot in front of opponent's front foot and reverse punch to body with left hand.
7. Step out to the right at a 45° angle into horse riding stance. Simultaneous knife hand block with left hand and knife hand strike to neck with right hand. Grabbing arm and shoulder, move to the right side of the opponent (you should be facing in opposite directions). Swing right leg behind opponent's right leg then sweep backwards bringing opponent down. Kneel to right hand punch to face.
8. Step back with left leg into back stance while doing an open hand block with right hand. Cross hands then elbow strike to ribs/stomach in horse riding stance. With right hand, bottom fist to groin and backfist to face. Push opponent's arm down then front leg hook kick with right leg. Set down in back stance back fist to face with right hand. Slide over into front stance and reverse two-finger strike to eyes with left hand.