

Advanced Yellow Belt One-Steps

Kids #1-#3(only)

Adults #1-#5

- Attacker steps back and executes a left low block.(ki-hap)

#1 Defender ki-haps but stays in a ready stance.
Attacker steps forward and grabs left hand.

Right punch to face,
Right hand grabs left hand,
Left wrist release. **(ki-hap)**

#2 Defender ki-haps but stays in a ready stance.
Attacker steps forward and grabs left shoulder.

Shoulder release,
Left hand controls.

#3 Defender steps forward into a fighting stance and ki-haps.
Attacker steps forward into a right fighting stance.

(perform slowly and carefully to ensure that all students are safe)

Grab front hand with both hands,
Step inside with left foot,
Place partner Armbar.

#4 Defender steps forward into a fighting stance and ki-haps.
Attacker steps forward and throws a right hook punch.

Left knifehand outerforearm block,
Circle and trap arm,
Grab far shoulder with right hand
Step past front foot and prepare for hip toss.

#5 Defender steps forward into a fighting stance and ki-haps.
Attacker lunges forward as if to tackle partner with right shoulder.

(perform slowly and carefully to ensure that all students are safe)

Reach with right arm over partners head,
Place partner in the guillotine. (partner will tap to release)