

White Belt One-Steps

One-Steps are choreographed, hypothetical self-defense skills that are performed against a partner. They should be practiced both with and without a partner. They may incorporate certain steps, techniques, and stances that will help the student:

- Learn correct distance between a target and themselves
- Learn how to counter certain techniques and attacks with combinations.
- Become more confident in a real self-defense situation

Adults #1-#5

Kids #1-#3 only

#1	Left #1 Side Kick Left High Block Left Knifehand Strike (High) <u>Left Knifehand Strike (High)</u>	Left Backstance Left Backstance Left Backstance
#2	Left #1 Side Kick Right #2 Inside Crescent Kick Right Backfist (High) <u>Right #1 Side Kick</u>	Sittingstance
#3	Left #1 Front Kick Left Outerforearm Block Right Reverse Punch (High) <u>Left Punch (High)</u>	Left Frontstance Left Frontstance Left Frontstance
#4	Right #2 Push Heel Kick Right High Block Left Reverse Punch (High) <u>Right Punch (High)</u>	Right Frontstance Right Frontstance Right Frontstance
#5	Right #2 Push Heel Kick Left Reverse High Block Right Punch (High) Left Palmheel (High) <u>Grab, Left #2 Knee Smash</u>	Right Frontstance Right Frontstance Right Frontstance

How to Do One-Steps with a Partner

Both partners will begin facing each other in a ready stance. Attacker will step back with right leg into a left front stance and execute a left low block(ki-hap). Defender will step back into a left fighting stance and ki-hap. Attacker will then step forward and punch with right hand(to face). Defender will then begin One-Step #1. After Defender completes #1, both students return to ready and the roles are switched. This process is repeated until all One-Steps are completed.