

# Yellow Belt One-Steps

## **Adults #1-#5**

### **Kids #1-#3 only**

- |    |   |  |
|----|---|--|
| #1 | Right Step Outside Block<br>Right Knifehand Strike (High)<br><b><u>Right Double Round Kick</u></b> (2 Ki-haps)    | Sittingstance<br>Sittingstance                         |
| #2 | Right #2 Double Round Kick<br>Right Outside Block<br>Left Reverse Punch<br><b><u>Right Hook Punch</u></b>         | Sittingstance<br>Right Frontstance<br>Left Frontstance |
| #3 | Right #2 Front Kick/Round Kick<br>Step to Right<br>Left #2 Round Kick (Low)<br><b><u>Left Backfist</u></b> (High) | Right Frontstance<br>Left Backstance                   |
| #4 | Left Double Jab<br>Right Spin Crescent<br><b><u>Right #2 Front Kick/Round Kick</u></b> (2 Ki-haps)                |  |
| #5 | Right Step Outside Block<br>Right Hammerfist (To Groin)<br>Step Back<br><b><u>Left Spin Side Kick</u></b>         | Sittingstance<br>Sittingstance                         |