

ONE STEP SPARRING - PART THREE

Take down

Attacker front kicks to the stomach and steps forward

Orange and White Belt (8th Kyu)/ Orange Belt (7th Kyu)

Lower block with the front hand,
Whip kick with the front leg,
Step forward (hook leg behind), Sweep,
Axe kick with the Back leg.

Green Belt (6th Kyu)

Lower block with the front hand,
Whip kick with the front leg,
Step forward (hook leg behind), Sweep,
Axe kick with the Back leg,
Reverse punch downwards.

Blue Belt (5th Kyu)

Lower block with the front hand,
Step forward and Elbow upwards with the front hand,
Whip kick with the front leg,
Step forward (hook leg behind), Sweep,
Axe kick with the Back leg,
Reverse punch downwards.

Purple Belt (4th Kyu)

Lower block with the front hand,
Step forward and Elbow upwards with the front hand,
Knee strike inwards off the front leg and step back,
Whip kick with the front leg,
Step forward (hook leg behind), Sweep,
Axe kick with the Back leg,
Reverse punch downwards.

Brown Belt (3rd Kyu) Brown Belt and 1 White Stripe (2nd Kyu)

Lower block with the front hand,
Step forward and Elbow upwards with the front hand,
Knee strike inwards off the front leg and step back,
Whip kick with the front leg,
Lower side kick to the knee Joint,
Step forward (hook leg behind), Sweep,
Axe kick with the Back leg,
Reverse punch downwards.

Brown Belt and 2 White Stripes (1st Kyu) / Junior Black Belt / Black 1st Dan)

Lower block with the front hand,
Step forward and Elbow upwards with the front hand,
Knee strike inwards off the front leg and step back,
Whip kick with the front leg,
Lower side kick to the knee Joint,
Step forward (hook leg behind), Sweep,
Axe kick with the Back leg,
Reverse punch downwards and Drop knee to ribs.

Basic Seven (Black 2nd Dan)

Lower block with the front hand,
Step forward and Elbow upwards, Elbow strike outwards with the front hand,
Knee strike inwards off the front leg and step back,
Jap with the front hand and Side kick with the front leg,
Front Snap Kick, Whip kick with the front leg, Lower side kick to the knee Joint,
Step forward (hook leg behind), Sweep,
Axe kick with the Back leg,
Reverse punch downwards and Drop knee to ribs.