



ONE-STEP SPARRING 1-20

1. Left high block in place; step forward right leg with right high punch in a front stance
2. Left inside/outside knife block in place; step forward right leg with right uppercut in a horse stance
3. Right downward palm heel block in place; step forward right leg with right knife strike to temple in a horse stance.
4. Right horizontal palm heel block in place; step forward right leg with right back-fist to face in a horse stance.
5. Right outside-inside block in place; step forward right leg with right elbow strike to solar plexus in a horse stance
6. Right high block in place; step left foot 45 degree horse stance; right punch striking to the floating (lower) ribs.
7. Right knife hand block (or reverse ridge hand block) in place; step left leg striking with a right palm heel to the face in a left front stance.
8. Left downward palm heel block in place; step forward left leg with right ridge hand strike to the opponent's left temple in a front stance.
9. Left horizontal palm heel block; step forward left leg with right reverse punch to ribs in a front stance.
10. Left outside/inside block; step forward left leg with left hammer fist to the groin in a left horse stance.
11. Side Step 45 degree to the right, landing in a right front stance left reverse middle punch, left roundhouse kick to the head landing left front stance, right reverse high punch.
12. Side step 45 degree, right front stance, left reverse middle punch. Twist to the left into left front stance, striking left knife hand to wrist and right knife hand to neck. Grab wrist and neck kicking right knee to solar plexus.
13. Side step 45 degree, right front stance, striking with a left palm heel to the face. Left side kick to the knee. Land with right reverse spear hand to groin, pull out into left hand low block/right hand high inside/outside block behind head in back stance.
14. Step back into leaning right back stance right palm heel, Step into right front stance left middle punch, lunging to left 45 degrees right front kick
15. Right fighting stance, right high sword arm block, twist to side right front stance left palm heel to temple as sword arm comes to right hip, kicking right inside/ outside kick, landing right front stance left palm heel to temple.
16. Right fighting stance right high sword arm block continue to step forward and behind into left fighting stance strike the back of the neck with left elbow, then strike the side of the head with right ridge hand as elbow grabs chin with right pushing on head with left, breaking the neck same time kicking to back of the knee instep side kick.
17. Blocking opponent's fist with left downward block then grab with right strike back fist to front of face, Strike the knees with roundhouse kick, Twist to the right striking the throat with the right elbow
18. Right fighting stance high sword arm block twist around to the left striking the ribs with left elbow, Twist again to the right sweeping out the legs with right leg as right ridge hand comes up then down bringing opponent to the ground.
19. Right leg back stance blocking with right knife hand (palm up) clear down and away with left hand striking to face with right palm heel, Left hand grabs wrist as right hand grabs neck, strike with right knee to solar plexus, step back with right leg throwing opponent to ground
20. Step forward at 45 degrees while dropping to right knee blocking left high block striking to groin with right upper cut strike, then left knife hand to inside of knee as right grabs around ankle push with left hand pull with right hand taking opponent to ground stand up quickly kicking to groin with right front kick.

Self Defense starts with Self Confidence