

1 & 3 Step Sparring Techniques

These instructions are for reference only to help with your personal training outside of class. They are not a replacement for instruction or training received in class. Students should focus only on current and prior techniques. Resist the temptation to study ahead. ☺

White Belt 3 Steps

- 1 Step back [R], Block [L]
Step back [L], Block [R]
Step out [R]
Block [L] and Punch [R] middle
Block [L] and Punch [R] high
- 2 Step back [R], Block [L]
Step back [L], Block [R]
Step out [R]
Knife hand strike [L] to opponents punching arm wrist and [R] to the neck
Grab wrist [L] and neck [R]
Pull down and knee strike [R]
- 3 Step back [R], Block [L]
Step back [L], Block [R]
Step out [R]
L-shaped block [R]
Step [R] across with L-shaped block, pushing punching arm away
Reverse elbow strike middle [L]
- 4 Step back [R], Block [L]
Step back [L], Block [R]
Step out [R]
Grab [L] opponents punching wrist
Step in [R] middle horse stance
Back elbow to upper ribs [R]
Back fist to head (temple) [R]
- 5 Step back [R], Block [L]
Step back [L], Block [R]
Step out [R]
Grab [L] opponents punching wrist
Step across [R], placing foot behind opponents right foot
Reach [R] under opponents upper arm, grab bicep
Drop opponents elbow down by hip, isolating their upper arm
Use opponents forearm as a lever, pushing back and taking down over your right leg

Kick [R] middle
Punch [R] middle

- 6 Step back [L], Block [R]
Step back [R], Block [L]
Step out [L]
Palm strike [L] to opponents punching arm
Punch [R] middle
Punch [L] middle

- 7 Step back [L], Block [R]
Step back [R], Block [L]
Step out [L]
Grab [R] opponents punching wrist
Step across [L], placing foot across opponents right foot
Push [L] opponents shoulder down, twisting [R] opponents arm up and behind back
Knee strike [R]

Yellow Belt 1 Steps

- 1 Step out [R]
Block [L] and Punch [R] middle
Block [L] and Punch [R] high
Grab [L] opponents punching wrist
Step back and pull opponent off balance
Front kick [R] middle
- 2 Step out [R]
Jump front kick [R] middle
Punch [R] middle
Punch [L] middle
- 3 Step out [R]
L-shaped block [R]
Step [R] across with L-shaped block, pushing punching arm away
Reverse elbow strike [L] middle
Reverse elbow strike [R] middle
- 4 Step out [L]
Palm strike [L] to opponents punching arm
Punch [R] middle
Punch [L] middle
Roundhouse kick [R] middle

- 5 Step out [R]
Block [L] closed fist across opponents punching wrist
Step across [R], placing foot behind opponents right foot
Reach [R] under opponents upper arm, open hand, thumb [R] above elbow
Use leverage to drop opponents elbow down by hip, isolating their upper arm
Wrap [L] hand over [R] fist, locking opponents punching arm between your arms
Use opponents forearm as a lever, pushing back and taking down over your right leg
Kick [R] to the head
- 6 Step back [R]
Reverse side kick [R] middle
- 7 Step back [L]
Reverse side kick [L] middle

Orange Belt 1 Steps

- 1 Step out [R]
Block [L] and Punch [R] middle
Block [L] and Punch [R] high
Grab [L] opponents punching wrist
Step back and pull opponent off balance
Roundhouse kick [R] high
- 2 Step out [R]
Jump front kick [R] middle
Punch [R] middle
Punch [L] middle
Punch [R] high
- 3 Step out [R]
L-shaped block [R]
Step [R] across with L-shaped block, pushing punching arm away
Reverse elbow strike [L] middle
Reverse elbow strike [R] middle
Reach [R] under opponents right shoulder
Push [R] down across your right leg, grabbing opponents right arm as they fall
Kick [R] to the head
- 4 Step out [L]
Palm strike [L] to opponents punching arm
Punch [R] middle

Punch [L] middle
Punch [R] high
Roundhouse kick [R] middle

- 5 Step in [L] with outside in block [L]
Step back [R] with reverse elbow [R] to the back
Reach [R] under opponents right shoulder
Push [R] down across your right leg, grabbing opponents right arm as they fall
Kick [R] to the head
- 6 Step back [R]
Spinning wheel kick [R]
- 7 Step back [L]
Spinning wheel kick [L]

Green Belt 1 Steps

- 1 Step out [R]
Block [L] and Punch [R] middle
Block [L] and Punch [R] high
Grab [L] opponents punching wrist
Step back and pull opponent off balance
Front kick [R] middle
Roundhouse kick [R] high
- 2 Inside out crescent kick [R] pushing punching arm away
Roundhouse kick [L] high
- 3 Outside-in crescent kick [L] pushing punching arm away
Roundhouse kick [L] high
- 4 Step out [R]
Grab [L] opponents punching wrist
Reach [R] across and push thumb [R] in pressure point behind opponents right ear
Twist [R] hand and take opponent down across and in front of you
Kick [R] to the head
- 5 Step out [R]
Grab [L] opponents punching wrist
Grab [R] opponents right ankle or pant leg
Sweep [R] arm out to the right, pulling opponent off balance and down to the floor
Kick [R] to the head

6 Step back [R]
Jump reverse kick [R]

7 Step back [L]
Jump reverse kick [L]

Blue Belt 1 Steps

1 Step out [R]
Block [L] and Punch [R] middle
Block [L] and Punch [R] high
Elbow strike [R] high

2 Step out [R]
Jump side kick [R] middle

3 Step out [R]
Forearm block [L]
Downward back fist [R] to the face
Feet together, scissor kick [R] high

4 Lean left, grab [R] opponents punching wrist
Side kick [R] to the armpit

5 Step in [L] with outside in block [L] in small riding horse stance
Step back [R] reaching back [R] grabbing back of opponents uniform
Pull [R] down across the back of your right leg
Kick [R] to the head

6 Step back [R]
Step hooking kick [L]

7 Step back [L]
Step hooking kick [R]

Brown Belt 1 Steps

1 Step out [R]
Block [L] and Punch [R] middle
Block [L] and Punch [R] high
Elbow strike [R] high

- Palm strike [L] high
- 2 Step out [R]
Jump roundhouse [R] high
- 3 Lean left, grab [R] opponents punching wrist
Pull opponent off balance
Hooking kick [R] high, roundhouse [R] high
- 4 Step back [R]
Ridge hand block [L]
Reverse hooking kick [R] high
- 5 Step back [L]
Ridge hand block [R]
Reverse hooking kick [L] high
- 6 Outside in crescent kick [R]
Tornado kick [R]
- 7 Outside in crescent kick [L]
Tornado kick [L]

Black Belt 1 Steps

- 1 Step out [R]
Circular block [L] around punching arm, lifting opponents arm
Palm strike [R] high
Grab [R] head, pull down and knee strike [R] middle
Vertical punch [R] high
- 2 Step out [R]
Double jump front kick middle
(alt. twin upset punch)
- 3 Step out [L]
Grab [R] opponents punching wrist and [L] elbow
Side kick [L] to the knee
Sawing [L] arm across opponents elbow, forcing to bend over
Straight shin kick [R] to the face
- 4 Lean left, grab [R]
Roundhouse kick [R] middle

- Step [R] over opponents punching arm
Pull up on arm, sitting down on elbow, forcing down to floor
- 5 Front kick {R} middle
Flat fingertip strike [R] to the throat
Drop down on [L] knee, fingertips
Rotate left, roundhouse breaking kick [R] to the groin
Rotate right, straight punch [R] to the groin
- 6 Step in [R] in a back stance
Palm [R] blocking right punch, knife hand [R] blocking left punch
Step back [R] in a front stance
Punch [R], punch [L]
Side kick [R] middle
Roundhouse kick [R] high
(Attacker steps with right, left punch, then back stance palm and knife hand blocks)
- 7 Step in [R] in a back stance
Palm [R] blocking right punch, knife hand [R] blocking left punch
Step back [R] in a front stance
Punch [R], punch [L]
Grab [L] opponents wrist
Ridge hand [R] to chest (alt. neck), taking down
Kick [R] to the head
(Attacker steps with right, left punch, then back stance palm and knife hand blocks)
- 8 Step back [L] in cat stance
Upward palm block [R]
Step back [R] in cat stance
Upward wrist block [L]
Downward pressing block [L]
Ridge hand strike [R] high
(Attacker steps with right punch, steps again with left punch)
- 9 Step back [R]
Palm strike [L] 45 degrees pushing arm up and away
Step back [L]
Downward pressing block [R]
Double roundhouse kick [L] (middle, high)
Jump reverse side kick [R] middle
(Attacker steps with right punch, steps again with left punch)
- 10 Step back [R]
Inside out block [L]

X-block low (opponent is kicking with the left foot)

Upset punch [R]

11 Twin outer forearm block [L]

Twin outer forearm block [R]

Elbow [L] drops to block roundhouse kick

Circular block [L] to catch the roundhouse kick

Downward elbow strike [R] to the thigh

Back fist [R] to the head

Ark hand [R] to the throat

Step in [R] placing foot behind opponents left foot

Take down (in class, grab uniform to take down)

(Attacker throws right and left hooking punches, followed by right roundhouse)