

ONE STEP SPARRING TECHNIQUE

1. Step left 45° / block (R) outer knifehand, then (L) punch to temple (side of the face) / come in closer (R) uppercut to floating ribs
2. Step left 45° / block (R) innerforarm / (L) low front kick to floating ribs / (L) punch to temple (side of the face)
3. Step in forming (R) backstance (L) outerforarm inward / circle the (L) arm clockwise while stepping (R) foot forward to form (L) back stance and using the back of the hand strike the (R) side of the opponent's face / move (R) foot forward to form (R) forward stance and strike with (L) elbow to the ribs.
4. Step (R) foot forward to form (L) backstance while blocking, at the same time, (L) outward knifehand and (R) hammerfist to the side of the head / then (L) inward strike to the neck / (R) hand grabs behind the back, on the same side as the inward knifehand / pull the head down bring the knee to the face area.
5. Step (L) for in to form a forward stance and perform a twin innerforarm / pull the left foot out and back in (R) backstance (L) side punch / adjust your distance and perform (R) turning kick to the solar plexus or face.
6. Step (R) foot forward to form (L) backstance while blocking, at the same time, (L) outward knifehand and (R) punch to the face / then (L) punch to the ribs / move left foot into position to strike the opponents groin with a (l) hammerfist.
7. Step left 45° / block (R) outer knifehand / hold the opponents arm and strike (R) turning kick to the opponents solar plexus followed up with a (R) strike to opponents (R) knee. Finish the defence with (L) punch to the face.
8. Step left 45° / block (R) innerforarm / (R) axe kick followed up with a (L) front kick to floating ribs
9. Step (R) foot forward to form (L) backstance / (L) back kick followed up with (L) backfist to the face
10. Step back to form (R) backstance outerforarm inward (L) palm strike / (R) spinning heel