

# THE MIT TAE KWON DO CLUB

## ONE-STEP SPARRING COMBINATIONS

The attack for white- through brown-belt one-step sparring combinations is a punch to mid-section thrown while stepping forward (with same leg) from front stance with low block. The defender defends from ready stance.

The attacks for middle- and high-red-belt combinations are thrown and received from fighting stance:

1. front kick to mid-section
2. roundhouse kick to the head

The descriptions are given for the case of a right-side attack.

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| White      | <ol style="list-style-type: none"><li>1. Left side block, reverse punch to head in front stance, front punch to mid-section.</li><li>2. Step left and right knifehand block in 45° front stance, right roundhouse kick to mid-section.</li></ol>  |
| Yellow     | <ol style="list-style-type: none"><li>1. Step forward with right leg and right front block in 90° riding stance, right back fist to head, left reverse punch to mid-section in front stance.</li><li>2. Step right to attacker's side, left side kick to mid-section, side punch to mid-section, knifehand strike to head.</li></ol>  |
| Green      | <ol style="list-style-type: none"><li>1. Left in-to-out crescent kick block, right roundhouse kick to head, left twist punch to mid-section.</li><li>2. Step with right leg to left, step with left leg into 45° riding stance and break attacker's elbow with left palm strike just above elbow, right punch to head, left punch to mid-section, right roundhouse kick to mid-section (placing foot down behind attacker), right knifehand strike to head.</li></ol>   |
| High Green | <ol style="list-style-type: none"><li>1. Step right into 45° riding stance with left knifehand block and right reverse knifehand strike to head, grab attacker's wrist with left hand, step with right leg into cat stance and pull attacker into right knifehand strike to head, pull attacker into right elbow to mid-section in 90° riding stance.</li><li>2. Double inner-forearm block in back stance, reverse spearfinger to head and push attacker's arm down with left hand in front stance, step back with left leg, right hooking kick.</li></ol> |
| Blue       | <ol style="list-style-type: none"><li>1. Step right to attacker's side, left roundhouse kick to head, hooking kick to head, roundhouse kick to head.</li><li>2. Right out-to-in axe kick block, right knifehand strike to head in 90° riding stance, step with left leg and left elbow to head, right elbow to head.</li></ol>  |
| High Blue  | <ol style="list-style-type: none"><li>1. Right out-to-in axe kick block and front side kick to head (without putting foot down), back fist to head in 90° riding stance, step back with right leg and right jumping out-to-in crescent kick.</li><li>2. Step left, step forward with right leg and right elbow to mid-section, step with left leg and left elbow to mid-section, sweep with right leg, left punch to attacker on ground.</li></ol>  |
| Red        | <ol style="list-style-type: none"><li>1. Left in-to-out crescent kick block and left roundhouse kick to head (without putting foot down), left tornado kick to head.</li><li>2. Catch attacking arm and break elbow (defender's left palm strikes upwards above attacker's elbow, right palm strikes downwards on wrist), grab arm and pull attacker into right knee to mid-section, lever attacker to ground with the grabbed arm.</li></ol>   |
| Middle Red | <ol style="list-style-type: none"><li>1. Step left and right low block in 45° front stance, right roundhouse kick and front hooking kick and roundhouse kick to head (three kicks without putting foot down).</li><li>2. Left mid-section block, right roundhouse to mid-section, jumping roundhouse-and-roundhouse kick to mid-section (left right), left reverse punch to head.</li></ol>   |
| High Red   | <ol style="list-style-type: none"><li>1. Right leg jam block, jumping back kick to mid-section, 180° jumping roundhouse kick to mid-section.</li><li>2. Step forward with right leg and catch kick, sweep with right leg, left punch to attacker on ground.</li></ol>   |

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Available at <http://mittkd.org/one-steps.pdf>