Orange Belt – One-step Sparring

1.	Attacker:	Right front punch	
	Defender:	Step back to right back stance, left double outer forearm block	Courtesy
		Left backfist strike	Something
		Right reverse punch	I
		Right #4 round kick	Show, Daily!
		Double step back to left back stance, right double outer forearm block (KIHAP)	Courtesy!
2.	Attacker:	Right front punch	
	Defender:	Step forward at leftward angle to left front stance, right reverse double outer forearm block	Manners!
		Right #2 round kick	
		Land in right front stance, left reverse punch	I'm
		Left #4 side kick	
		Double step back to right back stance, left double outer forearm block (KIHAP)	Proud To, Use Them!
			Manners!
3.	Attacker:	Right #2 round kick	
	Defender:	Step forward at rightward angle to right front stance, left reverse double outer forearm block (or low block)	Respect!
		Right punch	
		Left reverse punch	Parents
		Left #2 side kick	Deserve it
		Double step back to right back stance, left double outer forearm block (KIHAP)	Always
			Respect!