

White Belt – One-step Sparring

1. Attacker: Right front punch
Defender: Step back to left front stance, left high block Get Back!
Right reverse punch
Left front punch Leave
Right reverse punch Me
Double step back to left front stance, left Alone!
low block (KIHAP) I'm Safe!

2. Attacker: Right front punch
Defender: Step back to right middle stance, right inner I
forearm block
Right #1 side kick Listen!
Land in right middle stance, right knifehand Pay Attention!
strike Follow Directions!
Step back to left front stance, left low block
(KIHAP) I'm a Karate Kid!

3. Attacker: Right #2 front kick
Defender: Step back to left front stance, left low block I'm Polite!
Left #1 front kick
Land in left front stance, right reverse punch Treat
Left front punch Others
Double step back to left front stance, left Right!
low block (KIHAP) I'm a Winner!