

Yellow Belt – One-step Sparring

1. Attacker: Right front punch
- Defender: Step back at rightward angle to right back stance, left double outer forearm block Self Control!
 Left #3 jump front kick
 Land in right back stance, left knifehand strike Controlling
 Right reverse punch My
 Double step back to right back stance, left double outer forearm block (KIHAP) Actions!
 Self Control!

2. Attacker: Right front punch
- Defender: Step back at leftward angle to left back stance, right double outer forearm block Integrity!
 Right #3 jump front kick
 Land in left back stance, right backfist strike Choosing
 Left reverse punch
 Right front punch Right
 Right #1 round kick Over
 Double step back to left back stance, right double outer forearm block (KIHAP) Wrong
 Always!
 Integrity!

3. Attacker: Right #2 side kick
- Defender: Step back to right middle stance, right low block Honesty!
 Step back to closed stance, turn and step forward to left middle stance, left backfist strike Be
 Left knifehand strike Honest
 Left foot steps to right turn counterclockwise All
 Right #4 round kick Your
 Double step back to left back stance, right double outer forearm block (KIHAP) Life
 Honesty!