

# 1 STEP SPARRING

Students must use of the correct part of the hand or foot towards an appropriate target on the body.

Top marks are achieved for correct distance of the hand or foot from the target with a technique that shows power and acceleration.

All moves should show good sine wave and traditional stances and moves in a similar way to 3 step sparring and patterns.

## Basic 1 step – Green Belt

**Both partners start in parallel stance with the correct distance**

- **Attacker**
  - Right leg forward into walking stance single punch aimed at their opponent's chest plate with their right hand
- **Defender**
  - Blocks with a technique of their choice from a pattern they have learned.
  - Counters with a strike or kick. Kihap on strike

**Repeat the same attack, block and counter on the opposite side.**

Punches and strikes should be held in place for ½ a second after the strike.

After all kicks, the defender should land with a **strong** guarding block

## Advanced 1 step

- **Attacker** starts in parallel stance for all hand attacks or L-stance – guarding block for kicks
  - Any attack to any target with left or right hand or foot.
- **Defender** starts in parallel stance
  - blocks with a technique of their choice from a pattern they know.
  - Counters with a strike or a jumping, flying or grounded kick.

**Do not repeat on the other side**

## Model 1 step

The same rules as Advanced 1 step but first done in slow motion with each technique lasting for 3 seconds.

- **Attacker**
  - repeats the same move on the same side in fast motion
- **Attacker**
  - can add an extra technique
- **Defender**
  - can add a take down or restraint if they want.