

# **SOUTH BANK TAEKWONDO**



## **GREEN BELT – 6<sup>TH</sup> KUP ONE STEP SPARRING (BASIC 8)**

**1** Side step to the left (sitting stance) executing a left inner block, followed by right middle body punch, left middle body punch, then right punch to face. Kihap. Assume fighting stance.

**2** Side step to the right (sitting stance), left outer knife-hand block, followed by right punch to face. Kihap. Assume fighting stance.

**3** Side step to the right (sitting stance), left outer knife-hand block, followed by right knife-hand strike to the neck, jaw or temple. Kihap. Assume fighting stance.

**4** Side step to the right (sitting stance), left outer knife-hand block, followed by right side elbow strike to the jaw. Kihap. Assume fighting stance.

**5** Side step to the right (sitting stance), left outer knife-hand block, followed by right upper elbow strike to the jaw. Kihap. Assume fighting stance.

**6** Step backward with the left leg (long stance), execute right inner block, bring the left leg back to fighting stance (right leg forward) and execute a right hand front back-fist to the nose. Kihap. Assume fighting stance.

**7** Step backward with the left leg (walking stance) executing right inner block, pivot 270\* on the right foot landing in sitting stance and execute a left elbow strike to the mid section (solar plexus). Kihap. Assume fighting stance.

**8** Side step to the left with the left leg, step in with the right leg landing in sitting stance and execute a right knife-hand strike to the body. Turn to the right into walking stance and execute a right side-back fist to the jaw/temple. Kihap. Assume fighting stance.