



# ONE-STEPS

## **White Belt**

1. Step forward at a 45° angle with R ft, L hand grabs punching arm. R hand punch to the chest, retract R hand to your armpit and then R elbow strike to face (while sliding R ft in closer).
2. R ft steps back, L hand knocks punch away with open hand slap or knife hand, R front kick, R palm strike beside the head.
3. L ft steps laterally to the L, chamber R leg across and side kick to ribs (behind partner), land forward, R knife hand to neck, knife hand grabs L fist. L leg crosses behind R and spin Counterclockwise as you drive L elbow to their ribs or face.
4. R ft steps back and then returns with high RH to face.
5. Drop L ft back and then immediately bring L knee up for jump front kick. Land with R ft back and then immediately bring R knee up for jump front kick.

## **Yellow Belt**

1. R ft steps forward at 45° angle. R inside block to punching arm as left hand is preparing by R elbow. L hand grabs their R wrist and R hand does knife hand strike (palm down) to neck. L ft slides up next to R ft as R hand grabs behind neck and pulls them to R knee strike to stomach.
2. R ft steps forward at 45° angle. L hand grabs punching arm as R hand does knife hand to neck (palm up). Retract R hand to your armpit and then R punch to body. R ft slides over to L ft as L hand pulls them toward you and R hand does knife hand strike (palm down) to other side of neck.
3. L ft slides back behind your R ft. You should be looking over your R shoulder and your body should be 45° from theirs (not straight out in front of them). Deliver a R side kick to the body, retract it and place it down next to your L ft (with all toes facing away from your opponent). Turn your head CCW and deliver a L spin side kick to the body. Both kicks should be delivered from the same distance and your partner should not need to step back.
4. R ft step back slightly and L ft does an inside kick to the inside of the punching arm. Place ft back down and immediately deliver a high RH with R ft.
5. L ft steps out to L at 45° angle. R hand circles and grabs the outside of attacker's wrist. Deliver R RH to stomach and then (w/o touching) sweep their R leg with your R leg from behind (sweep calf to calf with a straight leg, like a pendulum). You can hop in a little before the sweep to gain a better position, but don't drop the R ft in between the RH and sweep. Place the foot of your sweeping leg down in front and drop your left knee to ground. Deliver L punch to face (while still holding arm).

## **Green Belt**

1. L ft steps forward at 45° angle. R outside block to punching arm (palm toward them). L & R punches to ribs. R palm smacks the punching arm downward and out of the way. R leg does inside kick to face. You can shuffle back slightly before kick if not flexible enough to perform kick at close range without contact.
2. L ft steps back slightly and R ft does outside kick to kicking arm w/ sole of ft. W/o touching the ground, chamber R leg across and do SK to face.
3. R ft steps back slightly and L ft does outside kick to kicking arm w/ sole of ft. Land with L ft forward, ask partner to step back slightly and do spin hook with R leg.
4. L ft steps forward at 45° angle. L hand does palm block downward & across to forearm of punching arm. R hand does ridge hand strike (thumb tucked under palm) to L side partner's neck. R ft slides up beside L ft and R hand does overhand knife strike to back of neck.
5. L knee drops to L side at 45° angle and both hands post on floor in front of that knee. Deliver R RH to stomach and then sweep their R leg with your R leg from behind (sweep calf to calf with a straight leg, like a pendulum). Sweeping leg comes back up and posts on the floor while L hand delivers punch to face.

## Blue Belt

1. R ft steps forward at 45° angle. R hand does inside block, draws back to L ear and does back fist to R side of head. Draw R ft back slightly toward L ft and spin to L. Deliver L knife hand to neck, draw back to your R ear and back fist to L side of head.
2. L ft steps back slightly and lead leg low/high RH w/o touching in between. Drop R ft in front and jump spin hook with L ft.
3. L ft steps back slightly and R ft does outside kick to kicking arm w/ sole of ft. Place foot down, turn heel, and do tornado crescent w/ R leg.
4. R ft steps forward at 45° angle. L hand arm does outside block. Simultaneously deliver R elbow strike to face. R ft then steps to outside of their R ft as your R arm over hooks their R arm. Turning your head to the left, deliver a L elbow strike to the stomach. R ft steps quickly away (straight in front of them) as you deliver a L back fist.
5. L knife hand block to punching arm (palm facing them) as L ft steps inside their lead leg. L hand then immediately grabs behind their head and pulls it to your R elbow. Place each of your hands on each of their shoulders. Your R ft slides up to your L ft and then your L ft hooks behind their R leg and sweeps toward you as you push both shoulders toward the ground. Follow up with front kick (either ft).

## Red Belt

1. L ft steps out to L at 45° angle. R hand circles and grabs the outside of attacker's wrist. Deliver R RH to stomach and then R hook kick and RH to face (all w/o touching and w/o releasing punching arm).
2. L ft steps out to L at 45° angle, L hand does open-hand block to punching arm as R hand punches ribs. R knee sweeps across the front of your body in order to initiate a lateral jump to the L while delivering a R side kick to their R kidney.
3. L ft steps out to L at 45° angle, L hand does open-hand block to punching arm, R hand circles under your left arm and continues to push their arm across the front w/ the back of your hand. Your L hand then traps and pins the punching arm against their body your R hand punches to the face. Your punching hand then replaces your L trapping hand and continues to pin arm as you do L elbow strike to face. Your L hand then replaces your R trapping hand and continues to pin arm as you do R elbow strike to face. (all techniques done in quick succession)
4. L ft steps back slightly and lead leg does low RH inside of their R thigh. Drop kicking ft in front of them and simultaneously push R arm across and deliver L shin kick to their outer R thigh. Drop kicking ft out to your left. Your left hand (still holding the punching arm) opens and sweeps (with slapping motion) their R arm down and out to your L. Continue to roll your L arm up and around the outside of their R arm. Hug their arm above the shoulder toward your shoulder tightly. R hand grabs behind their head and pulls it downward as you deliver R knee strike to stomach.
5. Parry punch across with your left as your right hand shoots underneath it. Your right arm should end up on the left side of their head. With your right hand palm down, and your left hand palm up, clap your hands together in a master grip. Push your chest against their right shoulder as you pull the right radius bone (thumb side of wrist) into the left side of his neck (make sure you are also pulling your right elbow toward your right ribs). With the choke locked on, step into the back of their right knee with the sole of your left foot to break their balance. Rotate their upper body CCW and take them down to the ground on their left shoulder. Once on the ground, continue applying the choke by going up on the balls of both feet and pressing your chest down against their right shoulder.