

Beginner's One-Steps

These techniques are to be practiced by all belt levels once learned.

All one-steps begin in a Chum-Be stance and are written assuming they are defending against a right lunge punch attack. Students are also responsible for left handed attacks. Left side is done mirror image to the right.

- 1** Jump to the left. Block the punch just above the elbow with an open left hand. Punch to the kidney with a right followed by a left. Punch to the head with a right. Roundhouse kick to floating ribs. Ki-ap when finished.
- 2** Jump to the left. Throw a grasping block with the right hand that slides from fore-arm to wrist. Pull the opponent off balance. Push the opponent's shoulder (not arm) with the left hand. Twist the arm clockwise lifting the arm and bending the opponent over. Kick to the head with the right foot. Ki-ap when finished.
- 3** Step back at a 45 degree angle into a left long stance and perform an inside open hand block with the left hand. Grasp the opponent's wrist with the left. Grab under part of the wrist with the right hand (palm up) and step with the right foot underneath the opponent's arm, twisting and lifting the arm as you step and spin. Kick to the head with the right foot. Ki-ap when finished.
- 4** Step back with the right foot into a left long stance. With hands in praying position, thrust both hands upward and outward, blocking any punches with fore-arms. Chop both sides of the neck. Fold fingers behind neck for control and pull head down as you thrust your right knee into solar-plexus. Ki-ap when finished.
- 5** Step back with the left foot into a right back stance and throw an inside cross block (palm facing) with the right hand. Spin on the front foot rotating 180 degrees and throw a left elbow into the opponent's ribs. Slide to the left and throw a right elbow to the solar-plexus followed by a back fist to the face and a hammer fist strike to the groin. Ki-ap when finished.
- 6** Take one full step to the right and throw an inside to outside crescent kick with the left foot to block the incoming punch. Set the left foot down and throw a front snap kick with the right foot. Ki-ap when finished.
- 7** Step back into a left long stance and perform an inside open hand block with the left hand. Grasp the opponent's wrist with the left hand. Step with the right foot behind the opponent's right leg and use your hand and arm to push their left torso back. Finish with a right punch to the ribs. Ki-ap when finished.
- 8** Step to the opponent's outside into a left long stance and throw an open hand inside block with the left. Throw a right ridge-hand strike to the floating ribs. Step forward into a right long stance and immediately pivot counterclockwise on the front foot throwing a left chop to the opponent's ribs. Double chop to the neck from behind. Grab the shirt, putting them off balance and kicking to the groin from behind. Ki-ap when finished.
- 9** Step back at 45 degrees into a left long stance and perform an inside open hand block with the left hand. Grasp the opponent's wrist. Step forward with the right foot into a right long stance and perform a right elbow strike (pol-kulp cha-ghee) to the chin. As your body reaches full extension, perform a reverse elbow strike to the back of their head as their head falls forward simultaneously bringing a knee to the solar-plexus. Ki-ap when finished.
- 10** Step back at 45 degrees angle into a right long stance and perform an inside open hand block with the right hand. Grasp the opponent's wrist with the right hand (your palm down). Pull opponent off balance. Punch the opponent's ribs with your left fist. Grab the fore-arm with the left hand (palm up). Step underneath the opponent's arm with the left foot forward while keeping your back close to their chest and their arm straight. Pivot clockwise on your left foot to their side and somewhat behind them, twisting and lifting the arm as you step. Bring the arm down swiftly (palm up) below the hip and slightly behind. Finish with a kick to the head if necessary

The number colors refer to belt colors. It is recommended that you know the one-steps up to and including the numbers colored your current belt color. (1-5, White; 6-10, Yellow; 11-15, Green; 16-20, Purple; 21-25, Blue; 26-30, Brown; 31-40, Red; 41-50, Black)

Intermediate One-Steps

All one-steps begin in a Chum-Be stance, and are written assuming they are defending against a right lunge punch attack. Students are also responsible for left handed attacks. Left side is done mirror image to the right.

- 11.** Step forward to the inside (in a right back stance). Soo Do Mak-Ghee the punch with the left hand and simultaneously chop the left side of the neck with the right hand. Grab the wrist with the left hand and step to the left with the left foot, pulling the opponent off balance. Chop to the right side of the neck with the right hand. Slide right foot to left foot and push the opponent's punching arm clear with the right hand and throw a spinning reverse kick to the solar-plexus with the left foot.
- 12.** Jump to the outside into a horseback wide stance. Throw a right open hand block. Cock the right leg and throw a side kick into the opponent's knee. Set the right leg down into a right long stance and throw a left elbow strike to the back of the opponent's head.
- 13.** Step forward to the outside into a left long stance and perform an open-hand block with the right hand. Throw a right elbow to the ribs. Chop with the right hand (palm down) to the opponent's neck. Reach behind the neck with the right hand and pull the opponent into the knee.
- 14.** Step forward with the left foot into a left long stance. Simultaneously blocking the punching arm upward with a San-dan Mak-Ghee. Step forward with the right leg and jam your right bicep solidly against their right tricep as you grab their right wrist on the palm side with your left hand causing them to bend their arm at least ninety degrees. Grab your left wrist with your right hand while stepping past them and pulling backward and downward.
- 15.** Step back with the right foot into a left long stance. X-block the incoming punch with the left hand on top, pulling the opponent slightly off balance. Step forward into a right long stance, redirecting the opponent's punch in a circular fashion with the right hand/wrist to his own groin (your hand is performing a ridge hand strike). Finish with a left palm heel to the right temple.
- 16.** Step back into a left long stance and perform a grasping block with the left hand. Perform a groin rake with the right hand. Then perform a palm heel strike to the nose mouth with the right hand. Grab behind the neck and pull the opponent to your right knee strike.
- 17.** Step back with the right foot into a left long stance. As you step the hands cross at the chest (left over right) and perform a X-block, grasping the opponent's right hand with your right hand. Twist the hand so the opponent's thumb goes underneath the hand ending with the palm and elbow up. Throw a left front snap kick to the floating ribs. Reach over the top of the opponent's hand with your left and grab it with your thumb in the middle of the back of the hand. Twist (so the thumb goes over the top) toward the opponent's back and throw a right roundhouse kick to the solar-plexus.
- 18.** Step back into a left long stance. Slap the punch downward with an open right hand. Perform a right axe kick over and down.
- 19.** Step to the inside in a horseback wide stance and throw an inside grasping block with the left hand. Twist the arm so that the thumb goes underneath the hand ending with the elbow up (palm up). Bring the right hand up underneath the opponent's extended arm approximately at the elbow joint such that his fore-arm bends toward the ground (your right arm is at a right angle pointing up). Twist your right arm and body to place the palm of your right hand on the opponent's back pushing them over. Finish with a right knee to the floating ribs.
- 20.** Jump to the left landing in a horseback wide stance. Perform a grasping block with the right hand. Twist their hand so their thumb is pointing down and their elbow is on top. Using your left fore-arm and body weight, push down just above their elbow as you pull up their wrist. Throw a left back fist to the face. Grab the opponent's hand with your left such that your thumb is in the middle of the back of the hand and twist their arm toward their back as you turn into a left long stance, taking them down and backward to complete the throw.

The number colors refer to belt colors. It is recommended that you know the one-steps up to and including the numbers colored your current belt color. (1-5, White; 6-10, Yellow; 11-15, Green; 16-20, Purple; 21-25, Blue; 26-30, Brown; 31-40, Red; 41-50, Black)

- 21.** Jump to the left. Land in a Horse-Back Wide stance. Grasping block with the right hand. Pull the opponent off balance. Twist the arm so that the thumb comes over the top, ending with the elbow down (palm up). Throw a punch with the left fist to their ribs. Grab the arm with the left hand and step with the left foot into a horseback wide stance facing the same direction as your opponent. Break the arm over your shoulder, by pulling down. Step under the opponent's arm pivoting on the right foot and throw the opponent to their right rear by pulling their wrist and elbow over and downward.
- 22.** Jump to the left landing in a horseback wide stance. As the opponent's punch goes by, catch the wrist with the right fore-arm and break the elbow with the left fore-arm. Take the right hand down and the left hand up, rolling the opponent's arm. Throw a left front kick to the head.
- 23.** Jump to the left landing in a horseback wide stance. As the opponent's punch goes by, do a grasping block with the right hand. Twist the arm so the thumb comes over the top to a palm up position. Throw a left elbow strike to the jaw and drop the left arm over the opponent's arm and bring your left fist to your chest. Pull down and break the arm. Put your left foot behind their right foot. Sweep the right foot with your left. Throw a left elbow to the chin to assist the leg sweep and force the opponent to the ground.
- 24.** Step back with the right into a left long stance and perform an inside cross block (palm facing) with the right hand. Chop with the right hand (palm down) to the opponent's neck. Throw a left solar-plexus punch. Throw a right (palm up) chop to the right side of the neck. Reach behind the neck with the right hand and pull the opponent's solar-plexus into your rising right knee.
- 25.** Step forward, to the outside, into a left long stance and block the punch with an open left-hand block. Shoot the right arm between the opponent's head and their punching arm. Grab the back of the neck and pull the opponent forward into the right knee.
- 26.** Step forward, to the outside, into a left long stance and block the punch with an open left-hand block. Throw a right ridge hand strike to the neck. Throw a right elbow to the floating ribs. Throw a right hand chop (palm down) to their right neck. Grab the back of the neck and pull the opponent forward into the right knee.
- 27.** Step forward, to the outside, into a left long stance and block the punch with an open left-hand block away and upward. Quickly step behind the opponent's right leg with your right leg and rotate your hips as you clothesline the opponent's neck with your right fore-arm, flipping them over your right hip. Finish with a punch to the ribs.
- 28.** Step forward to the inside in a right back stance. Chop the punch with the left hand and simultaneously chop the left side of the neck with the right hand. Grab the punching wrist with the left hand and step to the left with the left foot, pulling the opponent off balance. Chop to the right side of the neck with the right hand. Twist the opponent's punching arm, so the thumb rotates underneath. Grab the arm with your right hand, between the bicep and the tricep. Push down with the right hand and pull up with the left locking the arm. Finish with a right knee to the face or floating ribs.
- 29.** Step back into a left long stance and block with the left hand. Shuffle forward with the left foot and perform a left elbow to the nose/mouth. Rotate clockwise so your back is toward the opponent. Perform a right reverse elbow strike to the nose/mouth. Pivot another 180 degrees clockwise and throw a left elbow strike to the nose and mouth.
- 30.** Step into a right long stance. Perform an inside cross block (palm facing) with your right hand. Throw a left solar-plexus punch followed by a right solar-plexus punch. Finish with a right jumping front kick to the nose and mouth.

Advanced One-Steps

All one-steps begin in a Chum-Be stance, and are written assuming they are defending against a right lunge punch attack. Students are also responsible for left handed attacks. Left side is done mirror image to the right.

- 31.** Step forward with the right into a right long stance. Perform a right rising high block. Grab with the right hand and support the opponent's arm with the left. Step back into a left long stance. Twist and pull the opponent off balance so their elbow is up and locked. Put your left open hand just above their elbow, pushing down as you lift up with your right hand, bending the opponent over. Finish with kick.
- 32.** Step back with right foot into a left long stance and perform an X-block catching the punch in the X. Twist arm such that the thumb rotates clockwise, the elbow is up and opponent is bent over. Throw right foot front kick while keeping hold of arm. Then throw a left axe kick to the head, keeping hold of arm and finishing with arm between legs and locking left foot behind right knee. Squat down and break arm above elbow.
- 33.** Step back with left foot in to right back stance and perform a cross block with the right arm. Right back fist to temple. Rotate 360 degrees and left back fist to temple. Then perform a jumping reverse right leg axe kick.
- 34.** Step forward with left leg in to left long stance and perform a left inside block. Shuffle forward and left elbow to chin. Rotate 180 degrees clockwise – strike with right leg to opponent's thigh while sliding right arm behind opponent's body and striking with ridge hand, or fore-arm to back of head. Follow the opponent to ground to finish.
- 35.** Step forward with right leg into a right long stance and perform a right downward block. While right hand is blocking, use left hand to grab arm and pull forward. Then with the right hand very quickly, back fist temple.
- 36.** Jump back with left leg and perform a left leg outside to inside crescent kick blocking the punch. Continuing to rotate with the kick, perform a jumping roundhouse kick with the left leg.
- 37.** Step back with the right leg in to a left back stance and perform a left inside block. While blocking the punch, remaining in contact with the punching arm, slide the left arm over the punch hooking it with the fore-arm from the outside. While hooking arm, rotate 180 degrees clockwise such that your back is touching your opponent's back. Break the arm. Using right leg, elevate into groin, then using the right arm, swing it around the opponent's chest – clotheslining them over your right leg. Many variations at the end.
- 38.** Jump to the inside into a left back stance and perform a left hand inside block, grabbing the punch. Pull the punch forward as you step back into a right back stance, turning their thumb down and elbow up. Finish with your elbow just above their elbow, breaking arm. Finish with a kick.
- 39.** Jump to the inside into a left back stance and perform a left hand chopping block, grabbing the punch. Pull the punch forward – as you pull use the right arm to perform an elbow to the chin. After you strike slide the right arm behind the opponent's elbow. Once behind the arm, grab your left wrist such that the arm is locked. Then rotate the body, and push and pull such that their arm goes up and their torso goes down. Finish with a knee to the chest.
- 40.** Perform #2, and subtract the kick at the end. With the left hand on their back, and the right arm in control of the punch. Take their arm and drop it over your left arm locking it in place with an additional push to the back. With the arm in place, step forward with your left leg such that your leg is in front of their leg. Then sweep and push them to floor. Finish with an additional strike once on ground.

- 41.** Step forward with the right leg into a right long stance to the outside of the attacker. As you're stepping perform a right ridge hand block such that the palm is facing you, blocking with the inside of the hand. After the block, rotate 180 degrees and perform a left back elbow strike to the attacker's floating ribs. Rotate back, take right arm over opponent and clothesline over right leg. Finish on ground with strike.
- 42.** Step forward with the right into a right long stance and perform an inside block with the right hand. Throw a right elbow to the ribs. Chop with the right hand (palm down) to the opponent's neck. Grab the clothing or the neck, sweeping their front leg with your right leg and throwing opponent to ground. Finish with strike on floor.
- 43.** Step back with right foot into a left back stance. Perform a left outside chopping block with the left hand (palm facing). Then perform a right leg spinning heel kick to the temple.
- 44.** Step forward with left into a left back stance and perform a left side block. Rotate hips and shoulders and throw a right solar-plexus punch, taking weight forward and down. While forward and down, slide right hand above the knee while left hand grabs heel, or pants leg. Pull up the heel as you push down the thigh, forcing the opponent to the ground. Finish with a stomp to the groin or other target area.
- 45.** Step forward with the left into a left long stance to the inside of opponent. Perform a left hand (palm out) grasping block. Throw right ridge hand to neck, knocking opponent back. Taking advantage of this and maintaining grip with the left hand, take right hand to opponent's front leg, reap heel, lift and pull such that opponent falls. Finish with kick.
- 46.** Drop down on the left knee, and rotate into a right roundhouse to the groin. Using the arms and left leg to support the weight, use the right foot to kick the opponent in the neck, trusting upwards from the ground, very much like a "mule kick."
- 47.** Drop down on the left knee, and rotate into a right roundhouse to the groin. Controlling the kick after contact such that you sit it down on the outside of the attacker's front leg. Slide down on your left leg, pushing so your left foot is on top of their right instep. Hook the back of your right knee to the back of their right knee and pull them down. Roll up onto their back and finish with strikes to the head.
- 48.** Step forward with the left leg into a left front stance. Perform a right (palm out) grasping block. Perform a right hook kick to the opponent's head. Then, controlling the right foot, set it down while sweeping the opponent's front leg. Finish with attacks on the ground.
- 49.** Drop down on the right knee turning your hips toward the attacker. Throw a left sidekick from this position, letting the opponent run into your kick. Use your left leg to drop behind the opponent's front leg, and using your right foot on top of their instep, pull the opponent down to the ground with your left foot behind their front knee. Roll onto their back, and strike.
- 50.** Drop down on the left knee, and rotate into a right roundhouse kick to the groin. Controlling the kick after the contact such that you sit it down on top of the opponent's front knee. Then slide left leg behind the front heel of the attacker, stomping down on the front knee while pulling with the left leg. Break leg and take down. Finish on the ground.