

# ONE-STEP TECHNIQUES

## Notes

- The following techniques are based on RH punch
- The defendant must be well prepared and “ki-hap” before each technique
- The defendant must “ki-hap” at the last technique
- The defendant must end with a well balanced double-forearm-guarding position

## 10<sup>th</sup>

1. RF step in forming HS, R outer forearm block
2. LF rising block, landing at the same spot, RF front snap kick
3. LF 45-degree step out, RF shin kick to rib
4. LF step to forward stance, LH high block, RH mid section punch
5. LF out crescent block, landing, RF instep kick to temple

## 9<sup>th</sup>

1. LF out crescent block, landing, RF instep kick to temple
2. RF step in forming HS, R outer forearm block, R back fist strike to face
3. LF FS, same time, R open-hand pushing block, RF instep kick
4. RF step up 45-degree, form HS, (RL) double punch to mid-section, L high punch to chin
5. LF FS, LH high block, RH mid-section punch, RF instep

## 8<sup>th</sup>

1. RF step forward 45-degree HS, at the same time, L knife-hand block to the wrist, RH mid section punch
2. LF step up (inside) forming BS, inner forearm mid section block, LF foot instep kick
3. LF 45-degree step forward, forming HS, at the same time, LH pushing block, low section double punch
4. LF FS, LH high block, RH mid section punch, pull LF to RF, RF roundhouse kick
5. RF HS, at the same time, LH grasping block, knife-hand strike to neck, pull RF to LF, R knife-hand strike to neck

## 7<sup>th</sup>

1. LF out-crescent block, RF double roundhouse kick
2. RF step in forming HS, outer forearm block, RF change to R BS, R elbow strike to low section, reverse L elbow strike to low section
3. LF step in forming R BS, at the same time, L inner forearm block, LF front snap kick, RF roundhouse kick
4. RF step up 45-degree, LF side kick
5. LF raising block, RF double roundhouse (double instep) kick

## 6<sup>th</sup>

1. RF crescent out block, land at the LF, LF reverse turning (wheel) kick
2. RF step 45-degree, L knife-hand block at the same time, RH mid section punch, RF roundhouse kick to temple
3. RF step up 45-degree, LF side kick mid section, RF back kick
4. RF step back BS as the punch goes forward, RF double roundhouse kick
5. LF in-crescent block, RF reverse turning (wheel) kick, RF roundhouse kick

## 5<sup>th</sup>

1. RF step in forming L BS, R palm pushing block then knife-hand to neck, RF side kick
2. LF step FS, both hands cross block and grasp the punching hand, RF 45 roundhouse kick
3. RF downward block then execute side kick to mid-section
4. LF step up and out 45-degree, R knife-hand block, RF hook kick
5. LF step up, 45-degree to R, RF back kick

## 4<sup>th</sup>

1. LF step back then RF fly side kick to mid-section
2. RF crescent in block then jumping half turn kick to the temple
3. LF step up, 45-degree to R, RF back kick then reverse turning kick to temple
4. RF step up, 45-degree LF double sidekick, lower LF to RF then back kick
5. RF flying front kick or round house kick
6. LF step up, outside opponent foot, knife-hand crossing block, catch opponent punching hand, twist and and RF 45-degree roundhouse kick.

## 3<sup>rd</sup>

1. LF step 45-degree forward, R knife-hand pushing block, RF instep kick then hook kick (double motion)
2. LF step up FS, LH high block, R elbow strike to mid section, RF step thru forming HS, L elbow reverse strike
3. LF step up FS, knife-hand cross block, catch the punching hand, RF step thru then quickly sweep back, RH punch to mid section as opponent on the ground
4. LF step up FS, knife-hand cross block, catch the punching hand, RF step thru then RF 45-degree roundhouse kick
5. RF downward blocks the punching hand, then sidekick instantly. Lower RF to LF, flying LF back kick
6. Both feet slide out at the same time LH downward block, RH punch, round house kick, lower RF to LF, jumping back kick with LF