

ONE STEPS

BLUE BELT ---- HIGH BLUE (STATIONARY) (IN MOTION)

STATIONARY – Face each other – **RIGHT** leg back fighting stance, partner punches face level with lead **LEFT** hand

IN MOTION – Walking toward partner – partner attacks from the **RIGHT** partner punches face level with lead **LEFT** hand jab

- 1) **KEOP!** -- Right hand block, **LEFT** hand palm/punch to face. **KEOP!**
- 2) **KEOP!** -- Right hand block, **LEFT** hand palm/punch to face, Add **RIGHT** hand palm heel to face. **KEOP!**
- 3) **KEOP!** -- ^{L+}~~RIGHT~~ hand block, and a ^{R+}~~RIGHT~~ hand back fist to face. **LEFT** leg round kick with the leading leg (on the inside of leg). Then hop back **RIGHT** leg spin sidekick to the mid section. **KEOP!**
- 4) **KEOP!** -- ^{L+}~~RIGHT~~ hand block and a ^{R+}~~RIGHT~~ hand back fist to the face, then a ^{R+}~~LEFT~~ elbow to the face. **KEOP!**
- 5) **KEOP!** -- **RIGHT** hand block and a **LEFT** leg front kick to the groin, then hop back and execute a **RIGHT** leg round kick to the face. **KEOP!**