

ONE STEPS

GREEN BELT---- HIGH GREEN

(STATIONARY)

(IN MOTION)

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

IN MOTION-- Walking towards Partner – Partner attacks from the **LEFT**
punches face level with **RIGHT** hand

- 1) **KEOP!** -- Step 45 degrees to **LEFT**, **LEFT** palm block as you are stepping, **RIGHT** round kick to mid section, **LEFT** palm heel / punch to face. **KEOP!**
- 2) **KEOP!** -- Step 45 degrees to **RIGHT**, **LEFT** palm block as you are stepping, **LEFT** round kick to mid section. **KEOP!**
- 3) **KEOP!** -- **LEFT** palm block, **RIGHT** knuckle strike to throat (Adam's Apple). **KEOP!**
- 4) **KEOP!** -- **LEFT** palm heel block, **LEFT** back fist face, **RIGHT** palm/punch face, **RIGHT** leg step forward 45 degrees, **LEFT** hand spinning back fist face. **KEOP!**
- 5) **KEOP!** -- **LEFT** palm heel block, **LEFT** back fist face, **RIGHT** elbow face. **KEOP!**