

ONE STEPS

ORANGE BELT ---- HIGH ORANGE

(STATIONARY)

(IN MOTION)

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

IN MOTION--Face each other and WALK forward partner punches face level with RIGHT hand

- 1) KEOP! -- Hop to the Right (stay in fighting stance), Right leg front kick, sitting stance, Right hand punch to mid section, Left hand punch to face, Right hand palm heel – KEOP!
- 2) KEOP! -- Left hand palm block same time as Left leg front snap kick to groin, hop back, Right leg sidekick to mid section – KEOP!
- 3) KEOP! -- Left palm block, Right reverse elbow to face. KEOP!
- 4) KEOP! -- Hop back, Right spin sidekick to mid section. KEOP!
- 5) KEOP! -- Hop back, Right side kick, Right knife hand strike to side of neck, Left knife hand Reverse Inverted to the neck. KEOP!