

Yong In Martial Arts Academy

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ONE-STEP SPARRING EXERCISES

1. Right foot Step to the side 45 degrees Double middle punch with Yelling Tae! Kwon!
2. Right foot Step to the side 45 degrees left hand Knife Hand Block and right hand punch the stomach and then punch the face.
3. Right foot Step to the side 45 degrees Double Knuckle Punch attack the Ribs then Double Palm Strike to Chin
4. Right foot Step to the side 45 degrees left hand knife Hand Block right hand neck chop then come back and strike the neck on the other side.
5. Right foot step back Left hand Knife Hand Block spin Right 18° degrees and attack the ribs with your elbow.
6. Left foot step forward left hand outside middle block right hand grab the throat then right knee strike the stomach.
7. Left foot step back stance right hand knife hand block then spin 18° degrees with left hand reverse neck chop.
8. Right foot step back left hand single knife hand block then grab the wrist step forward pull the wrist and right arm reverse neck chop.
9. Left foot step forward left hand outside high block right hand grab behind the neck and pull down and right knee attack the ribs.
10. Left foot step forward right hand twist block grab the shoulder and right knee attacks the ribs.
11. Right foot back kicking stance Right foot front kick to the stomach right foot front kick to the face.
12. Left foot steps back right hand knife hand block spin 18° degrees elbow strike the ribs then back fist to the face and then the groin
13. Right foot back kicking stance Right foot round house kick grab the hand down and then right foot front hook kick.
14. Left foot step forward twist block with knife hand and then right foot low side kick to the opponents knee then right hand knife hand strike to the neck.
15. Right foot back kicking stance and right foot ax kick put foot down then jump back kick with left foot.
16. Left foot step forward diamond middle block(geumgang-montong makki) then left hand grab your opponents shirt with right hand uppercut to the chin and then grab their shoulders then right knee strike the ribs.
17. Right foot back kicking stance slide forward and left foot side kick then step to the left of the opponent and right foot round house kick.
18. Left foot step forward left hand outside middle block with right hand spear hand to the chest slide forward and right elbow strikes the chin and then back fist to the nose.
19. Left foot step back kicking stance left foot back kick step forward left hand outside middle block with right hand middle punch.
20. Left foot step forward right hand twist block grab their wrist and twist and right foot front kick two times and then in to out ax kick.
21. Left foot back kicking stance Left foot back hook kick with 36° degree turn and then left foot low round house kick to the back of the knee.
22. Bird stance with diamond block and then left hand grabs the opponents punch and left foot side kick step down right foot step forward and right hand grabs the throat and turn 18° degrees while bring your opponent down to the groin.