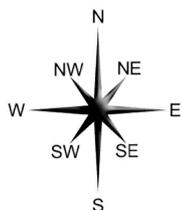


## One Step Sparring



*All attacks to be performed from left walking stance low section outer forearm block stepping forward into right walking stance middle section obverse punch. For directional reference please use compass points. Attacks are from the North, defences are as shown below starting from parallel ready stance.*

1. Right leg (NE) sitting stance, left outer forearm block and simultaneously right middle fore fist punch to solar plexus.
2. Left leg (NW) sitting stance, left palm heel pushing block, pivot feet and change into a (NW) walking stance whilst executing a right ridge hand strike to solar plexus.
3. Right leg sliding away to (SE) left fighting stance, followed quickly with right front snap kick to the groin and replacing the right foot back into a (SE) fighting stance.
4. Left leg (W) sitting stance, quickly dodging the opponents punch, maintaining a fighting guard and execute a right leg ball of foot turning kick to solar plexus, landing in right fighting stance.
5. Right leg (E) right walking stance, quickly dodging the opponents punch and immediately execute a left leg side piercing kick to solar plexus.
  
6. Right leg (NE) sitting stance, left knife hand block and simultaneously right high fore fist punch to jaw followed by right wrist and shoulder grasp pulling on to a low turning kick to right inside thigh.
7. Left leg (NW) sitting stance, left palm heel pushing block, pivot feet and change into a (NW) walking stance whilst executing a right ridge hand strike to temple, grab with both hands behind opponent and onto a horizontal right knee strike.
8. Right leg sliding back to (S) right "L" stance, twin forearm block, followed with right front snap kick to the floating right ribs land the kick into left walking stance (N) and grasping both shoulders to pull The opponent downwards onto a vertical knee strike to the solar plexus.
9. Left leg (W) left "L" stance, knife hand guarding block, and quickly execute a right leg ball of foot turning kick to solar plexus, landing in right foot and following up with left forward step cross Stepping through into left fighting stance (E).
10. Right leg (E) right walking stance, quickly dodging the opponents punch and immediately execute a left leg side piercing kick to solar plexus, land kick into right "L" stance (NW) and execute a left inward knife hand strike to opponents the neck, then change stance with left foot forward into walking stance (NW) executing a right horizontal front elbow strike to opponents temple.
  
11. Right Leg (S), left walking stance, wedging block, right front snap kick landing (N) right walking stance with double middle section punch to solar plexus.
12. Left leg (S), right walking stance, left downward palm block & right vertical spear finger thrust to solar plexus, pivot right foot, back spinning step (N) into left walking stance, left backfist strike followed by right snap punch into left fighting stance.
13. Left leg (SW) right walking stance, right outer forearm block, left reverse punch followed by right wrist grab and left shoulder restraint leaning opponent forward, reverse motion pulling backwards and left forward foot sweep with instep.
14. Right leg (S) left walking stance, left rising block, slide (N) right back stance whilst executing left wrist grab lifting opponents arm & right side elbow strike into armpit, step right leg (W) into riding stance, holding opponents arm high, right scissor turning kick to solar plexus.
15. Left leg (SE) left "L" stance, right palm pushing block to opponents forearm, left reverse side kick.

## One Step Sparring

16. Moving (E), jumping left side kick to solar plexus.
17. Left leg (W), twin forearm block, inward knife hand strike, right foot (E) into fixed L stance, right side punch, left foot (N), sweep controlled takedown.
18. Left leg (S) into walking stance, knife hand block and strike to the neck, right ridge hand attack to head moving right leg (E), Jumping back kick.
19. Left leg (NW), right circular block, right turning kick middle section, right hook kick to head and right turning kick to head, followed by right side kick to armpit.
20. Right leg (S) skipping back into fighting stance, downwards palm block, forearm guarding block, reverse turning kick right leg.
  
21. Right leg (S) left walking stance, left rising block followed by right step forward to walking stance (NW) and effect figure four arm lock with right arm, execute a right take down sweep to opponent.
22. Left foot back and kneel (S), right rising block and left hand trapping opponents right foot, move left hand behind opponents right ankle and right hand to opponents right hip. Push with the right hand and pull with the left effecting a take down while rising to your feet keeping hold of opponents right leg.
23. Right leg (S) left walking stance, right inward palm block deflecting opponents wrist into a left hooking block followed by high right turning kick to the temple, keep hold of opponents right wrist lower the leg turning your back to your opponent, take a two hand grip and effect a low shoulder throw to your opponent.
24. Right leg (S) left walking stance, right hooking block, while grasping opponents right wrist, execute a right middle section turning kick to solar plexus followed by a high section hooking kick to the base of the skull followed by a heel hooking sweep to opponents right lower leg taking the opponent to the floor keeping hold of your opponents wrist. With your left hand, bend your opponents right wrist at 90 with the fingers pointing towards their body and brace their wrist against the ground and apply pressure downwards on their elbow to effect a wrist break (taking care not to harm your opponent).
25. Right foot to left, left foot (NW) parallel stance, left inward palm block deflecting the opponents punch into a right hooking block followed by left punch to hinge of jaw, keeping hold of opponents wrist. Bring left hand up to a double grip on opponents right hand, thumbs up on the back of opponents wrist, grip tight and circle arms (NW) pointing the palms towards the ground to effect a take down.
  
26. Right leg back (S) fast motion left fighting stance, followed by right inward crescent kick block to opponents inner forearm, followed by middle left jumping reverse side kick.
27. Right leg (S) fast motion right fighting stance, followed by fast right inward crescent kick block to opponents inner forearm, followed by high section right inward jumping spinning turning kick.
28. Side step (SW) fast motion right outward crescent kick block to outer forearm, followed by left inward axe kick, followed by high section left jump spinning inward axe kick.
29. Left leg (W) right walking stance, left pressing block, followed by right ridge hand strike to the bridge of the opponents nose, followed by left jumping side kick.
30. Left leg (S) fast motion right fighting stance, followed by fast left inward crescent kick block to opponents outer forearm, followed by right high section jumping reverse turning hooking kick.

## One Step Sparring

31. Right leg (S) left walking stance, right rising knife hand block into a right palm grasp. Keeping hold with a right grip and lift opponents arm high and turn the palm upward while also gripping with the left hand, both thumbs on the back of opponents wrist, turn to face (S) and move right foot (W) into a sitting stance to (S) and pull down with both hands gripping your opponent's wrist towards your chest with your opponent's elbow aimed at your left shoulder to effect an arm break at the elbow joint to your opponent, taking great care not to harm your partner's elbow. Keeping a left grip, turn to face (N) and tuck your right arm over and inside your opponents right arm while moving the left foot (N) into parallel stance (E) and continue to pin your opponents right arm around their back while also effect a left radial choke around your opponents throat, trying to interlock left and right grips.
32. Using a left inward palm block deflection, take a right reverse step to (W) into sitting stance to (S) and take a two hand grasp with the thumbs on top of the opponents fist facing away from your opponent. Taking a tight grip and locking your opponents fist, bend the wrist at 90 and whist turning quickly towards (N) moving the left foot and pivoting on the right foot while rotating your opponent's bent wrist clockwise towards (NW) locking the wrist into a take down. Keeping hold of the wrist lock, step the right foot onto your opponent's left should, press down with the heel and roll your opponent over by applied pressure to the shoulder and a lifting motion of the opponent's right arm to roll your opponent onto their front with the right arm behind them. Placing the right foot to the ground after the shoulder roll, lock opponent's right arm around your right leg while keeping hold with the hands and locking the left leg on the outside of the arm, rotating clockwise to lock opponent's behind their back while kneeling on them for pressure with the right and left knees and pinning with the use of your arms.
33. In a fast motion, duck in a boxing guard from (E) to (W) under your opponent's oncoming punch moving the left foot into a right fighting stance facing (E), while executing a right low section ranging hook to the mid section solar plexus. Follow up quickly with a left reverse and downward cross punch to across the jaw following through with the punch down and over your opponent's right arm. Stepping closer with the left foot, make a left arm lock and spin the body, pivoting on the left foot until you lock out your opponent's arm and can reach a right side elbow or knife hand strike to the base of the opponent's base of skull, taking care not to cause any damage to your partners's elbow or head areas.
34. Step left leg (W) into right walking stance to (E) and perform a right hooking block and grasp to the opponents right wrist, effect a left palm heal strike to the opponent's elbow while bracing or pulling with the right wrist grasp, taking care not to cause damage to your partner's elbow. Take the right arm over the opponent's right, and tuck the arm up into a reverse figure four arm lock, bracing with the left hand, drop to your left knee and pin your opponent face down to the floor, changing grips and / or kneeling on their right shoulder if necessary.
35. Maintain parallel stance (N), execute a right inward palm deflection to your opponent's inner fore arm, followed by taking an under arm left hooking block to grasp the opponent's right wrist, circle the arm anti-clockwise and pull down to your left side with the grasping hand and execute a right forefist punch to the opponent's solar plexus. Grasp both of your opponent's shoulders and execute a fast right horizontal knee strike to the opponent's left side upper rib cage. Upon lowering the right leg to a 1 ½ shoulder width parallel stance to (N), and turn your opponent completely around to face away from you, pushing with your right arm and pulling with the left, leaving the right hand on your opponent's right shoulder with your right radial wrist bone (inner forearm) across your opponent's throat (just below the Adams apple on a man). Clasp your left palm upward to your right palm down ward and pull your opponent in close to your chest to "scoop" the right radial bone upwards into the throat executing a choke while also taking your opponent to their knees by pushing your right instep forward and downwards into the back of your opponent's right knee.