

# One-steps

## Offense

Step back right foot into a left foot front stance while executing a left down block. Upon kiap from partner, step forward right foot into a right foot front stance and execute a right punch to the nose/upper lip.

## Defenses

1. Step back with left foot into a left back stance, while executing a left forearm block. Without stepping, execute a left knife hand strike to partner's neck.
2. Step forward with left foot into a left forward stance, while executing a right knife hand block. Step back with left foot while executing a round kick with the right foot to partner's midsection.
3. Step forward with left foot into a left forward stance, while executing a right knife hand block. Step back with left foot while executing a sidekick with the right foot to partner's rib cage.
4. Jump to the right landing in a left back stance, fighting position. Execute a round kick with the right foot to partner's face.
5. Jump to the right landing in a left back stance, fighting position. Execute a sidekick with the right foot to partner's midsection.
6. Jump to the right landing in a left back stance, fighting position. Execute a punch to the face with the right hand and then a round kick with the right foot to the face.
7. Jump to the right landing in a left back stance, fighting position. Execute a punch to the face with the right hand and then a sidekick with the right foot to the midsection.
8. Step back with the left foot into a left back stance, fighting position. Execute a left outside crescent kick, then a right foot spin wheel kick to partner's face.
9. Step back with the left foot into a left back stance, fighting position. Execute a left outside crescent kick, then a right foot spin side kick to partner's midsection.

10. Step back with the right foot into a right back stance, fighting position. Execute a right outside crescent kick, a left foot spin wheel kick and a left foot round kick to partner's face.

11. Step forward with the left foot into a left forward stance, while executing a left high rising block. Without stepping, execute a right punch (midsection), a right knife hand strike (midsection), a left punch (midsection), and a right ridge hand strike (face).

12. Step forward with the left foot into a left back stance, while executing an outside forearm block. Hook over partners punching arm with the left hand, spin clockwise moving right foot into a riding stance, striking with the right elbow. Without stepping, then strike with the left elbow.

13. Step back with right foot into a right back stance, at the same time blocking down with the palm of the left hand. Move left foot to right, punch with right hand then round kick with right foot to partners face level.

14. Step out with left foot into riding stance on the outside of partners punch. Block open left hand to partners elbow. Without stepping, punch to ribs with right hand, then left, then right. Move left foot to right then round kick right foot (midsection), and then spin sidekick left foot (ribs).

15. Step forward right foot into a right back stance, while executing a right forearm outside block. Without moving, execute a right elbow strike (midsection) then a right back fist (face). Move right foot counterclockwise to form a left back stance, and then execute a left round kick.

16. Step backward into a right back stance, fighting position. Execute a right round kick face level as partner steps forward.

17. Step backward into a right back stance, fighting position. Execute a right side kick midsection level as partner steps forward.

18. Step backward into a right back stance, fighting position. Execute a right spin sidekick midsection level as partner steps forward.

19. Execute a drop kick left foot to partner's arm, crescent kick right foot (face) and round kick left foot (face).

20. Step back into a right foot back stance, fighting position. Execute a right foot jump round kick, left foot spin side kick, right foot jump side kick.