

## **ONE STEP SPARRING - PART ONE**

### **Orange and White Belt (8<sup>th</sup> Kyu) / Orange Belt (7<sup>th</sup> Kyu)**

Upper with the front hand  
Reverse punch with the back hand  
Front kick off the front leg

### **Green Belt (6<sup>th</sup> Kyu)**

Upper with the front hand  
Reverse punch with the back hand  
Front kick off the front leg  
Round kick off the front leg

### **Blue Belt (5<sup>th</sup> Kyu)**

Upper with the front hand  
Reverse punch with the back hand  
Front kick off the front leg  
Round kick off the front leg  
Side Kick with the back leg

### **Purple Belt (4<sup>th</sup> Kyu)**

Upper with the front hand  
Reverse punch with the back hand  
Front kick off the front leg  
Round kick off the front leg  
Side Kick with the back leg  
Ridge hand with the front hand

### **Brown Belt (3<sup>rd</sup> Kyu) / Brown Belt and 1 White Stripe (2<sup>nd</sup> Kyu)**

Upper with the front hand  
Reverse punch with the back hand  
Front kick off the front leg  
Round kick off the front leg  
Back Kick  
Side Kick with the back leg, Stepping forward  
Ridge hand with the front hand

### **Brown Belt and 2 White Stripes (1<sup>st</sup> Kyu) / Junior Black Belt / Black Belt 1<sup>st</sup> Dan**

Upper with the front hand  
Reverse punch with the back hand  
Front kick, Round kick off the front leg  
Back Kick  
Side Kick with the front leg  
Jump Step to the side  
Back fist and Ridge hand with the back hand

### **Black Belt 2<sup>nd</sup> Dan**

Upper with the front hand,  
Reverse punch with the back hand,  
Round kick, Hook kick, Round kick with the front leg,  
Back Kick, Double Side Kick with the front leg,  
Jump Step to the side,  
Back fist, Ridge Hand with the front hand  
Ridge hand with the back hand.