

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

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

Lower block with the front hand,  
Whip kick with the front leg,  
Step forward (hook leg behind), Sweep,  
Axe kick with the Back leg.

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

Lower block with the front hand,  
Whip kick with the front leg,  
Step forward (hook leg behind), Sweep,  
Axe kick with the Back leg,  
Reverse punch downwards.

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

Lower block with the front hand,  
Step forward and Elbow upwards with the front hand,  
Whip kick with the front leg,  
Step forward (hook leg behind), Sweep,  
Axe kick with the Back leg,  
Reverse punch downwards.

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

Lower block with the front hand,  
Step forward and Elbow upwards with the front hand,  
Knee strike inwards off the front leg and step back,  
Whip kick with the front leg,  
Step forward (hook leg behind), Sweep,  
Axe kick with the Back leg,  
Reverse punch downwards.

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

Lower block with the front hand,  
Step forward and Elbow upwards with the front hand,  
Knee strike inwards off the front leg and step back,  
Whip kick with the front leg,  
Lower side kick to the knee Joint,  
Step forward (hook leg behind), Sweep,  
Axe kick with the Back leg,  
Reverse punch downwards.

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

Lower block with the front hand,  
Step forward and Elbow upwards with the front hand,  
Knee strike inwards off the front leg and step back,  
Whip kick with the front leg,  
Lower side kick to the knee Joint,  
Step forward (hook leg behind), Sweep,  
Axe kick with the Back leg,  
Reverse punch downwards and Drop knee to ribs.

### **Basic Seven (Black 2nd Dan)**

Lower block with the front hand,  
Step forward and Elbow upwards, Elbow strike outwards with the front hand,  
Knee strike inwards off the front leg and step back,  
Jap with the front hand and Side kick with the front leg,  
Front Snap Kick, Whip kick with the front leg,  
Lower side kick to the knee Joint,  
Step forward (hook leg behind), Sweep,  
Axe kick with the Back leg,  
Reverse punch downwards and Drop knee to ribs