

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

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

Middle Block with the front hand,  
Back fist with the front hand (Partner drop guard),  
Hook kick with the front leg.

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

Middle Block with the front hand,  
Back fist with the front hand (Partner drop guard),  
Hook kick with the front leg,  
Jumping front kick off the back leg.

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

Middle Block with the front hand,  
Back fist with the front hand (Partner drop guard),  
Hook kick with the front leg,  
Jumping front kick off the back leg,  
Jumping round kick off the front leg.

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

Middle Block with the front hand,  
Back fist with the front hand (Partner drop guard),  
Hook kick with the front leg,  
Jumping front kick off the back leg,  
Jumping round kick off the front leg,  
Jumping back kick.

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

Middle Block with the front hand,  
Back fist with the front hand,  
(Partner drop guard),  
Hook kick with the front leg,  
Jumping front kick off the back leg,  
Jumping round kick off the front leg,  
Jumping back kick, Spinning hook kick.

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

Middle Block with the front hand,  
Back fist with the front hand (Partner drop guard),  
Hook kick with the front leg,  
Jumping front kick off the back leg,  
Jumping round kick off the front leg,  
Jumping back kick, Spinning hook kick,  
Jumping spinning hook kick.

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

Middle Block with the front hand,  
Back fist with the front hand, (Partner drop guard),  
360 degree round house kick off the back leg,  
Hook kick with the front leg,  
Jumping front kick off the back leg,  
Jumping round kick off the front leg,  
Jumping back kick, Spinning hook kick,  
Jumping spinning hook kick, Spinning broom sweep  
Reverse punch downwards.