

One Step Sparring

A more advanced exercise to help students practise correct movement, distance and timing against real opponents at a higher pace to increase reaction time against a wide-range of rapid single technique attacks.

Once accurate distancing has been measured between attacker and defender, the attacker always commences by stepping forward on the right side in walking stance attacking with a middle section straight punch. Techniques are expected to be performed on **both** sides.

The description of each defence routine set out below is for the right side only. The opposite must be applied when the attacker then leads with a left-handed middle-section punch. To increase the complexity as students become more proficient, other hand attacks maybe used as well as foot attacks.

No. 1 (Required for Red Stripe):

Defence: Step back on the right leg into walking stance, blocking using an outer forearm block with the left arm.

Counter: Execute a reverse punch to the nose/jaw using the right fist.

No. 2 (Required for Red Belt):

Defence: Step back on your left leg into L stance, performing inward block with right arm.

Counter: Attack with a right downward back fist to bridge of nose. (You can slide in to reduce distance on counter attack if needed).

No. 3 (Required for Black Stripe):

Defence: Step back on the left leg into L stance, step to a slight angle on the closed side. Block on outside of opponent's arm with a knifehand guarding block.

Counter: Pick up front leg (right) and execute a side kick into floating ribs then stepping back in forearm guarding block to maintain distance

No. 4 (Required for Black Stripe):

Defence: *Step out with the left leg on a 45-degree angle into sitting stance whilst performing palm pushing block with the left hand on the outside of the attacker's arm.*

Counter: *Counter attack with a punch with the right fist to the attacker's floating ribs.*

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