

One-Step Sparring #1 - #24

1. Step forward with right leg at a 45-degree angle into a riding horse stance while executing a middle knife hand block with your left hand and at the same time, a middle punch with your right hand.
2. Step forward with left leg at a 45-degree angle into a riding horse stance while executing a middle knife hand block with your right hand and at the same time a middle punch with your left hand.
3. Step forward with right leg at a 45-degree angle into a riding horse stance, while executing a middle knife hand block with left hand and a high knife hand strike to the neck with your right hand.
4. Step forward with left leg at a 45-degree angle into a riding horse stance, while executing a middle palm block with left hand, then middle punch with your right hand.
5. Step forward with left leg at a 45 degree angle into a riding horse stance and execute a middle palm block with left hand, lift left leg and execute a ridge hand strike with right hand.
6. Step with right leg straight forward into a back stance and execute a right hand middle block and simultaneously execute a right hand back fist, and a left hand knife block.
7. Step with right leg straight forward into a back stance and execute a right middle block, then simultaneously execute a right knife hand strike to the neck and a left hand knife block.
8. Step with right leg straight forward into a back stance and execute a right hand upper cut together with a left hand knife hand block.
9. From ready stance, execute a left leg front snap kick, then a right leg roundhouse kick.
10. From ready stance, execute a left leg front snap kick, then a right leg side kick.
11. Step back with right leg into a fighting stance and then attack with low then high roundhouse kick.
12. Step with left leg at a 45 degree angle into a riding horse stance and execute a middle palm block with left hand and then lift left leg and go into a low long stance and execute a right elbow strike to the solar plex.
13. From sparring position with right leg back, execute a right out-to-in crescent kick followed by a right leg side kick, (this is done without putting down the right leg.)
14. From sparring position with left leg back, execute a left out-to-in crescent kick followed by a right leg back side kick.
15. Step forward 45 degree with right leg into riding horse stance and execute a left knife block with left hand, then right/left middle punch and finish with left leg roundhouse to the opponent's right side of ribs.

16. Step forward 45 degree with left leg into riding horse stance and execute a right knife block with right hand, then left/right middle punch and finish with right leg roundhouse to the opponent's right side of ribs.
17. Step forward 45 degree with right leg into riding horse stance while executing a right reverse knife hand to the neck, while at the same time a left knife hand block to the wrist, then grab opponents punching hand with your left hand and pull opponent slightly forward while executing a right knife hand strike to the neck, then immediately followed by a right elbow strike to the opponents ribs.
18. Step out at 45-degree angle with right leg, while executing a right jumping front snap kick.
19. While opponent attacks with right punch to face, step in with the left foot while at the same time executing a left hand perry block and a right hand back fist to the face. Left hand wrist lock, right hand hammer punch to the groin (scissors blocks).
20. While opponent attacks with right punch to the face, step in with the left foot while at the same time executing a left wrist knife block. Grab wrist and with right foot, execute crescent sweep to the foot. Right elbow drive to the chest.
21. While opponent attacks with right punch to face, step in left foot back stance while executing a left hand knife block. Step over into left long stance, execute right elbow drive. Right back fist, left punch.
22. While opponent attacks with right punch to the face, execute left cat stance and left palm block. Left front snap, right punch to the throat as opponent drops down.
23. While opponent attacks with right punch to face, step in left long stance while at the same time executing left in to out block. Double head smash, right ridge in long stance.
24. While opponent attacks with right punch to the face, step in left long stance while at the same time executing a double backfist. Shuffle, shuffle, right snap kick.