

8TH GRADE YELLOW BELT ONE STEP SPARRING

1. Right inner crescent kick block
Right side kick
Left spin side kick
Feet together
Right foot steps back to back stance, double outer forearm block

2. Step to the right at a 45 degree angle into a middle stance at the same time execute left knifehand block and right reverse knifehand strike to the neck
No step, left hand grabs partner's wrist while executing right front elbow strike to face
Pull your partner toward you at the same time execute a right back elbow strike to face
Right foot steps back to back stance, double outer forearm block

3. Right side kick
Left spin crescent kick block
Right round kick
Feet together
Left foot steps back to back stance, double outer forearm block

4. Left foot steps forward into a middle stance at the same time execute left inner forearm block
Left sidekick
Land in a middle stance at the same time execute left knifehand strike
Move left foot over into a front stance at the same time execute a right reverse high punch
Step back, feet together, right round kick
Feet together
Left foot steps back to back stance, double outer forearm block

5. Right sidekick
Land on the outside of your partner's foot into a middle stance at the same time execute right knifehand strike to neck
No step, turn your upper body so that you can execute a left knifehand to solar plexus
Move right foot back (counter-clockwise) to back stance at the same time execute left circular knifehand block
Right round kick
Feet together
Left foot steps back to back stance, double outer forearm block