

## 9TH GRADE WHITE BELT ONE STEP SPARRING

1. Left foot step forward to left front stance, left high block  
No step, right reverse middle punch  
No step, left middle punch  
No step, right reverse high punch  
Double step back to right back stance, double outer forearm block
2. Left outer crescent kick block  
Right side kick  
Feet together, left foot step back to back stance, double outer forearm block
3. Right front snap kick  
Land to the right at a 45 degree angle into a middle stance at the same time execute a right middle punch  
No step, left middle punch  
No step, right high punch  
Right foot steps back to back stance, double outer forearm block
4. Step to the left at a 45 degree angle into a middle stance at the same time execute left palm pushing block  
No step, right middle punch  
No step, left middle punch  
No step, right high punch  
Right round kick  
Feet together  
Left foot step back to back stance, double outer forearm block
5. Left front snap kick  
Land, stepping to the left side then right side kick  
Land in middle stance, right knifehand strike to neck  
Right foot steps counter-clockwise back to back stance, double outer forearm block