

Yellow Belt One Step Sparring Combinations

3rd & 4th Grade Yellow Belt

From parallel ready stance, step back with the right foot into a middle stance, left sides facing;

- 1) Step together, making a double left leg round kick; step down, feet together, then back into the original middle stance.
- 2) Step together, making a left leg hook kick-round kick combination; step down, feet together, then back into the original middle stance.
- 3) Step together, making a left leg side kick, landing in a left front stance while making a right punch; double step back into the original middle stance.
- *4) Step together, making a left leg hook kick; step down with feet parallel and back to your opponent, then execute a right spin side kick; step down with feet parallel and back to your opponent, making the left spin side kick; landing in a left front stance while making a right punch; double step back into the original middle stance.
- *5) Step together, making left leg side kick; stepping down with feet parallel and back to your opponent, execute a right 360 spin heel kick; landing in the original middle stance; step together and step out into a left front stance while making a right punch; execute a left leg round kick; step down, feet together, and double step back into the original middle stance.

Hop change sides, landing in a middle stance and repeat the above drills with right sides facing each other.

Tournament Competition will be in two areas: patterns and the one-steps outlined above.