

# Yellow Belt One Step Sparring Combinations

## 1st & 2nd 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 left leg side kick, step down, feet together, then right foot steps back into the original middle stance;
- 2) Step together, making a left leg round kick, step down, feet together, then back into original middle stance;
- 3) Step together, making a left leg hook kick, step down, feet together, then back into original middle stance;
- 4) Step together, step out into a left front stance while making the right reverse punch, double step back to original middle stance;

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

- 1) Step together, making a right leg side kick, step down, feet together, then left foot steps back into the original middle stance;
- 2) Step together, making a right leg round kick, step down, feet together, then back into original middle stance;
- 3) Step together, making a right leg hook kick, step down, feet together, then back into original middle stance;
- 4) Step together, step out into a right front stance while making the left reverse punch, double step back to original middle stance;

Left foot returns to parallel ready stance.

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