

Sport Taekwondo Center Associates

ONE STEP FIGHT - 4

One side attacks – Partner A

One-side blocks – Partner B

1. Partners A and B face each other.
Attention, **bow**.
2. Partner A: Right foot back (walking stance), Left hand low block. Yell! (This action means, “I am prepared. May I attack?”)
Partner B: Ready Stance. Yell! (This action mean, “I am prepared to block. You may attack.)
3. Partner A: Right foot step forward with right middle punch (walking stance).
Partner B: Right foot step forward (horse stance about 10 degreed) with right hand inside block and side elbow strike (Right hand). Yell! (This “Yell” after the counter-attack means, “I am finished. “)
4. Partner B: Back to attention position.
Partner A: Back to attention position.
BOW.