

ONE STEP SPARRING



elite
Taekwondo Academy

SET #2 ADULT / TEEN

1

ATTACK: **R** Middle Punch
MOVE: **R** Step Back at 45° (*Tiger Stance*)
DEFENSE: **L** Double Knife Hand Block, **R** Front Kick, **R** High Round House Kick

2

ATTACK: **R** Middle Punch
MOVE: **L** Step Back at 45° (*Tiger Stance*)
DEFENSE: **R** Double Knife Hand Block, **R** Round House Kick, **R** Low Side Kick

3

ATTACK: **R** Two Hand High Grab
MOVE: **R** Step Back (*Forward Stance*)
DEFENSE: **L** Double Outside Block & Double Chop, **R** Knee, **R** Turn Back Kick

4

ATTACK: **R** Middle Punch
MOVE: **L** Straddle Back (*Horse Stance*)
DEFENSE: **R** Inside Block, **R** Slide Up Neck Chop, **R** Grab, Step Back & Pull, **R** Knee

5

ATTACK: **R** Middle Punch
MOVE: **R** Straddle Back (*Horse Stance*)
DEFENSE: **L** Inside Block, **R** Spin 180° & Outside Chop, **L** Step Behind & Grab Shoulders,
R Step Back, Pull & Knee