



WHITE BELT ONE STEPS

Every one step starts with all students bowing to the judges, then to your opponent. Then each student assumes the ready stance. The attacking side (student on the left) steps back into a right-leg-back fighting stance and "kias". The other side "kias" when they are ready to be attacked. The attacker steps forward into a right-leg-forward front stance and does a right hand straight punch for the first three attacks and an overhand knife hand for the last three attacks. The attacked party performs the one step. On the final technique, that person should "kia". Both parties return to the ready stance after each one step and the other side attacks. Each side attacks alternately until both sides have completed all six one steps. Then both sides bow to each other and then to the judges.

ONE STEPS

1. Move 45° to the left into a full kima stance. Execute a left outside to inside block, do a right punch to the ribs and a left punch to the head.
2. Move the left foot to the right foot and move the right foot forward into a back stance. As you are moving your body forward and to the left, execute a double knife hand strike to wrist and neck. The left hand then grabs the wrist and the right hand comes back and executes a knife hand strike to side of face or neck as you pull the opponent in toward you with your left hand.
3. Turn the body 90° to the left as you step back into a left front stance and do a right hand outside forearm block. Then do a right side kick to the ribs, stepping down to the outside in a half kima stance executing a knife hand strike to back of opponent's neck.
4. Step straight back with the right leg to a back stance executing a left handed rising block. Grab the opponent's right arm with your left hand and slide your left foot back. Immediately do a front kick to the center section. After the front kick, step forward and execute a right rising elbow strike to the opponent's chin. As you do the rising elbow, pull the opponent toward you. The final stance is a low front stance.
5. Step back 45° to the left into a guarding stance. Do a right round kick to the solarplexus followed by a left snap reverse punch to the side of your opponent's head.
6. Step 45° to the right into a guarding stance. Do a left side kick to the solarplexus followed by a right snap reverse punch to your opponent's face.