



1 Step Sparring

Introduction

1 Step sparring (as the name suggests) incorporates 1 attack in 1 step forward. The defender can either block or dodge followed by a single counter because this is all that is allowed. Our students start to become familiar with this 2 years into their Taekwon-Do journey at 4th Kup (blue belt).

Rules

- Face each other in attention stance and bow
- At the command of 'CHUNBI' the attacker moves their right leg back into parallel ready stance and the defender moves their left leg into the same so they remain directly opposite each other
- The attacker shouts 'YOP' and the defender the same to initiate the routine
- The attacker does a single attack stepping forwards and the defender the appropriate block, dodge followed by a counter attack or simultaneous counter attack
- Once complete, the attacker and defender bring their leading leg back into parallel ready stance. They then switch roles.

Key Point

All routines must be developed by the 4th Kup and above students with help from the instructors. Work regularly with a partner to develop and practice your own set.

1 Step Sparring (Ilbo Matsoki)

Below are some examples, but you must develop your own routines.

Please note: You may be asked to vary the attacks as you progress through the belts

	Attack (Parallel Ready Stance) right foot to the right	Defence (Parallel Ready Stance) left foot to the left
Block Counters		
1	Walking Stance, Middle Punch	Walking Stance, Middle Inward Block
		Walking Stance, Upset Punch
2	Walking Stance, Middle Punch	Walking Stance, Hooking Block
		Walking Stance, Middle Reverse Punch
Dodge Counters		
3	Walking Stance, Middle Punch	Dodge to side
		Jumping Front Snap Kick
4	Walking Stance, Middle Punch	Dodge backwards
		Step Through Side Kick
Simultaneous Counters		
5	Walking Stance, Middle Punch	Jumping Backwards Front Snap Kick
6	Walking Stance, Middle Punch	Jumping Sideways Jumping Turning Kick



1 Step Sparring

The techniques become more difficult as you progress through the belts

Red-1st Degree

Right forefist punch in walking stance. Defender must show a minimum of two **block**, two **dodge** and two **simultaneous counters**.

1st-2nd Degree

Right knife hand strike in L stance and defender must show two **block**, two **dodge** and two **simultaneous counters**.

2nd-3rd Degree

Attacker will do front punch, knife hand strike, front kick, side kick, turning kick and reverse turning kick. The defender will do two **block**, two **dodge** and two **simultaneous counters** within all six attacks.

3rd-4th Degree

The attacks will be same as above but defender will have to perform one **block**, one **simultaneous** and one **dodge counter** for each attack.

4th Degree and above

The attacks can be any attack chosen by examiner and defender will perform a **block**, **dodge** and **simultaneous counter** for each attack.