

<p>ONE STEP SPARRING (IL BO DAE-RYON) (Right leg forward guarding block) (Punch and hold)</p>

1R Black Belts

1. * Right knife-hand block
* Left palm heel to face
2. * Right knife-hand block
* Left palm heel to face
* Right leg sidekick to mid-section or face
3. * Right knife-hand block
* Left palm heel to face
* Right leg sidekick to mid-section or face
* Left leg spin side kick to mid-section or face
4. * Right knife-hand block
* Left leg shin kick to side of leg (common peroneal nerve)
5. * Right knife-hand block
* Left leg shin kick to side of leg (common peroneal nerve)
* Bring right leg forward for leg sweep, grap shoulders for partial takedown

Tips from the instructor:

1. Punch quickly for your partner
2. Block quickly and counter with precision
3. Be respectful to your partner

