

1-Step Sparring

When performing 1-Step sparring, the participants face each other and bow. Both partners perform a parallel ready stance. The 1st attacking movement is a right obverse middle punch performed in a right walking stance. The opponent, who is in parallel ready stance, performs evasive or defensive, and counter attacking techniques. Both participants return to parallel ready stance before carrying out the same on the opposite side, that is, a left obverse middle punch as the attack. The attacker and defender then switch roles. At all times it is important that the proper distance and control is maintained and that all techniques are technically correct and aimed at the correct target.

Note: When performing 1-Step sparring, the student should show a full range of techniques such as blocks and attacks with the hands, blocks and attacks with the feet, evasive movements, jumping techniques, take-down techniques etc. Whatever the method used, the person defending should always 'finish off' their opponent. Having reached the grade to which 1-step sparring is applicable, it is assumed that you are capable of judging distance correctly and therefore there is no need to measure distance at the b