

Tae Kwon Do One Steps

All One-Steps must end with a guarding block.

1. Move Right. Right middle punch to opponent's solar plexus. Left high punch to face.
2. Step back with left foot while executing inside middle knife hand block. Execute reverse neck chop to opponent's throat, sliding in if necessary.
3. Move right. Right front snap kick to solar plexus.
4. Move left. Right roundhouse kick (street style, with toes curled back) to solar plexus.
5. Move right. Left sidekick to solar plexus.
6. Move right. Right groin rake. Execute strike to face with right hand as you land. Execute strike to face with right hand as you land.
7. Step back with right foot while executing left inside middle block. Back kick with right foot to opponent's ribs.
8. Move left. Right street roundhouse kick to solar plexus, kick their knee out as you lower your foot to the ground. Opponent falls. Execute left roundhouse kick if their head is high, or left foot axe kick if their head is low.
9. Step forward with left foot (outside their punch) while executing left inside middle block. Turn clockwise, placing right foot behind opponent's forward leg. Execute low back elbow strike to kidney, high back elbow strike to the back of opponent's neck. Bring right arm over opponent's head. Sweep them to the ground. Finish with a strike to fallen opponent.
10. Move left while executing right outside middle block, grabbing opponent's arm. Execute street roundhouse to solar plexus. Turn opponent's arm clockwise and down, bending them over. Move in, execute left downward elbow strike to back of neck or shoulder.
11. Use right foot and in-to-out axe kick to block punch. Step back to position yourself at a 45 degree angle to opponent. Drop to ground, execute sweep (like a hook kick parallel to the ground) with right foot

to knock opponent to ground. Finish with a strike to the fallen opponent.

12. Step in right, while executing left outside middle block. Right elbow strike to opponent's face or neck. Execute right back hammer fist while stepping back with right foot. Right foot wheel kick to head.

13. Right jump front snap kick to head or solar plexus while moving to right.

14. If kicking to the head, left palm pressing block to lower opponent's arm. Right jump roundhouse kick to head. Otherwise, leave their arm where it is (so it won't get in the way) and execute right jump roundhouse kick to solar plexus.

15. Long step with left foot outside punch. Execute right jump sidekick to kidneys.

16. Step outside punch with left foot while executing right outside middle block and grabbing opponent's arm. Left elbow smash/strike to back of opponent's neck/head, followed quickly by left side elbow strike. Lift opponent's arm with your right hand, rotating clockwise under it, dropping them to the ground. Pin opponent's elbow to the ground, and execute strike to their face.

17. Move left. Right street roundhouse kick to solar plexus, followed by right turn around roundhouse kick to solar plexus. Place hands on ground. Execute scissor (left foot high in front of opponent, right foot low behind their leg) to knock them to the ground. Finish with left axe kick or right turnover roundhouse kick to opponent's head (while on the ground).

18. Move across to the right while executing right vertical punch to the face. Left foot is back at end of this move. Execute 360 back kick (with right foot) followed by 360 wheel kick (with right foot). NOTE: Opponent must move back with each kick. End with a guarding block.

19. Step outside (left) execute left inside middle to the right outside middle block/pass (right hand grabs their arm at end). Left arm stays up to execute reverse drop to bridge of nose. Left hand slaps/pushes opponent's face away. Left hand moves up to forehead (if doing it real, put fingers in opponent's eyes to do this move) and pulls opponent's head down and back, knocking them down while holding onto their arm with right hand. When opponent is down, lift their arm with right arm to expose floating rib. Stomp on opponent's floating rib.

20. Step forward with right foot while executing simultaneous right vertical punch to face and left outside middle block with knife hand. Follow quickly with left neck chip. Execute right punch to solar plexus, left knife hand strike to solar plexus, right knuckle strike to temple. Hook right foot behind opponent's forward leg and press forward with your right shin to knock them down. Execute right side kick to fallen opponent's face. NOTE: all strikes must be executed quickly, without pause in between them; hands move in continuous circular motion to accomplish this.