

# Ill Soo Sik Dae Ryun Il-Yuk Bon

## One Step Sparring 1-6

### **#1**

1. Step at a 45° angle with your right foot into a front stance, and open hand block with your left
2. Shift weight into a left leg front stance, right punch to the middle
3. Shift weight to the right foot, and punch high with left
4. Bring left foot behind right (back stance) and round house kick with the right foot and land back with hands up

### **#2**

1. Step at a 45° angle with your left foot into a front stance, and open hand block with your right
2. Shift weight into a right leg front stance, left punch to the middle
3. Shift weight to the left foot, and punch high with right
4. Bring foot behind right (back stance) and round house kick with the left foot and land back with hands up

### **#3**

1. Outside to inside block with right arm, move right foot to the right side .
2. Shift weight into a right leg front stance, left punch to the middle
3. Shift weight to the left foot, and punch high with right hand
4. Slide left foot back so it is next to the right, and side kick with right foot (finish with right foot back hands up).

### **#4**

1. Outside to inside block with left arm, move left foot to the left side.
2. Shift weight into a left leg front stance, right punch to the middle
3. Shift weight to the right foot, and punch high with left hand

4. Slide right foot back so it is next to the left, and side kick with left foot (finish with left foot back hands up).

## **#5**

1. Put right foot back in sparring stance.
2. Front kick right foot and place right foot to the right side (left leg front stance), right hand outside to inside block
3. Shift weight to right leg front stance and high punch with left hand
4. Slide right foot back and outside inside kick the left foot (land back with left foot and hands up).

## **#6**

1. Put left foot back in sparring stance.
2. Front kick left foot and place left foot to the left side (right leg front stance), left hand outside to inside block
3. Shift weight to left leg front stance and high punch with right hand
4. Slide left foot back and outside inside kick the right foot (land back with right foot and hands up).

