***ONE STEP SPAR MOVEMENTS***

**MUST BE PRACTICED BOTH LEFT AND RIGHT AND START IN JUNBI SEOGI**

***Outside knife hand block…***

1. **High punch to face**
2. **Suto chop side of neck**
3. **Palm to chin**
4. **Elbow to chin**
5. **Spear hand throat**

***Inside mid block (stepping forward with same leg as blocking arm)…***

1. **Step to inside, back fist**
2. **Step to inside, suto chop side of neck**
3. **Step to outside, inner forearm block, 2 punches to ribs, 1 to face**
4. **Step to inside, inside mid block, elbow to ribs**
5. **Step to inside, inside mid block, elbow ribs, spin, opposite elbow to head**

***Outside knife hand block, front snap kick with opposite leg, stepping into technique, landing in sitting stance…***

1. **High punch to face**
2. **Suto chop side of neck**
3. **Palm to chin**
4. **Vertical elbow to chin**
5. **Spear hand to throat**

***Side kick (jamming), step down, then technique…***

1. **Inside mid block, back fist, same arm**
2. **Inside mid block, suto chop side of neck, same arm**
3. **Step to outside, inner forearm block, 2 punches to ribs, 1 to face**
4. **Inner forearm block, elbow to ribs in T-stance (no side kick)**
5. **Step to outside, block with outside hand, turning kick with back leg to sternum, side chop to back of neck at the same time you land with your foot behind opponent’s leg**