

Traditional WTF One Step Sparring

1. Move left leg forward inward block in long stance and reverse punch.
2. Move right leg forward inward block in back stance and then back fist in horse riding stance.
3. Move right leg forward inward block in back stance and then front kick right leg to sparring stance.
4. Move right foot 45 degrees to the attacker, mid block left arm and at the same time punch with right arm to face off opponent.
5. Left leg move forward using both arms elbow break, then knee with right leg landing to sparring stance.
6. Left leg outward block, turning kick with right leg, land sparring stance.
7. Left leg inward block, side kick right leg and land sparring stance.
8. Left leg outward block, jump front kick right leg and land sparring stance.
9. Left leg outward block, turning kick with right leg, back kick left leg and land sparring stance.
10. Move right leg forward to long stance, reverse knife hand /pressing block left-hand strike
11. Move right leg forward to long stance, spear like hand strike /pressing block left-hand strike.
12. Move left leg forward to back stance, mid knife left hand outward block, then slide forward to long stance groin grab, and move back groin strike left low block walking stance.
13. Move 45 degrees to left side forward in horse riding stance whilst executing mid left palm hand block, low section punch right hand, mid section punch left hand, right section punch to side of face with shout.
14. Right leg forward into back stance inward mid block right arm, move right foot forward to horse riding stance, right knife hand strike, pull back right foot to left turn over left shoulder, moving left leg forward horse riding stance chop left hand, move forward reverse right knife hand to walking stance.
15. Left foot forward outer block, grab wrist with left hand, step forward to horse riding stance, elbow forward with right arm to side of face, right arm back elbow, right foot pull back to left feet together, turn left foot turn 45 degrees left elbow horse riding stance.
16. Move 45 degrees right leg turning kick, feet together move back left leg reversing kick and then right leg turning kick.
17. Right leg back sparring stance, inward crescent kick, right foot blocking punch, then jump 360 degrees inward crescent kick, right foot to face with ki (shout).
18. Right leg back sparring stance, inward crescent kick, right foot blocking punch, then jump 360 degrees inward turning kick, right foot to face with ki (shout).

It is expected that the techniques are practiced progressively (both left & right hand) up through the Kup grades to enable a 9th Kup to perform 1 - 9 at their Black Belt Grading.