



WHITE BELT ONE-STEP

NUMBER 1

- LEFT forward, 45 degrees into keemarsae stance
- LEFT hand open inside middle block
- RIGHT hand reverse punch

NUMBER 2

- LEFT back, fighting stance
- RIGHT side kick
- RIGHT knife hand strike to neck

NUMBER 3

- RIGHT forward into keemarsae stance
- Double knife hand stick (left hand knife block, right hand knife strike to neck)

NUMBER 4

- RIGHT back, short stance
- LEFT rising block, then grab wrist
- RIGHT front kick
- RIGHT palm-heel/elbow

NUMBER 5

- LEFT back, fighting stance
- RIGHT round kick
- RIGHT outside block
- LEFT reverse jab

NUMBER 6

- RIGHT back, fighting stance
- LEFT side kick
- RIGHT reverse punch

GOLD STRIPE ONE-STEP

NUMBER 1

- LEFT forward, keemarsae stance
- LEFT circle block
- RIGHT ridge hand

NUMBER 2

- RIGHT slide step back, fighting stance
- RIGHT inside crescent kick
- LEFT back kick
- RIGHT reverse punch

NUMBER 3

- LEFT forward, keemarsae stance
- RIGHT knife block, grab wrist
- LEFT forward into walking stance while LEFT spear hand while rolling elbow

NUMBER 4

- LEFT forward, walking stance
- LEFT palm heel to face
- TURN 180 degrees, RIGHT back stance
- RIGHT elbow strike

NUMBER 5

- RIGHT back, walking stance
- Rising cross block
- Grab and twist
- RIGHT front kick
- RIGHT knife hand strike

NUMBER 6

- RIGHT slide back, fighting stance
- LEFT front kick
- RIGHT side kick
- LEFT reverse jab

BROWN BELT ONE STEP

NUMBER 1

- LEFT step while doing RIGHT jumping round kick
- RIGHT hook kick

NUMBER 2

- LEFT forward, drop to LEFT knee
- RIGHT side kick to knee
- RIGHT leg sweep

NUMBER 3

- LEFT outside crescent kick
- RIGHT jumping round kick

NUMBER 4

- LEFT forward, walking stance
- LEFT palm heel to face
- TURN 180 degrees, RIGHT elbow strike
- Pivot, RIGHT jumping round

NUMBER 5

- RIGHT back, walking stance
- Rising cross block
- Grasp and turn arm over
- RIGHT front kick, release hold
- RIGHT jumping back kick

NUMBER 6

- RIGHT slide back, fighting stance
- LEFT front kick
- RIGHT side kick
- RIGHT tornado round kick