



## ***One-Step Sparring***

One-steps are choreographed combat situations that train you to face a potentially dangerous situation. You not only learn to block the attack, but also counterattack in order to gain control of the situation. By facing these contrived situations, you learn to develop habits and attitudes that will make you more effective in real situations. You will also learn to overcome habits and attitudes that might hinder you in real situations (for example, flinching as someone comes toward you in a threatening manner). One-steps make you more comfortable being in another person's space. They also help you execute appropriate techniques to valid targets.

Basic flow of one-step sparring:

- Attacker and Defender face each other in Attention Stance and bow.
- Attacker and Defender then assume Ready Stance.
- Attacker moves into universal fold, steps backwards with right foot into left front stance, and executes a left down block (**KIA**). This is the ready to attack position for a right punch.
- Defender may step once to adjust the distance.
- The default attack is a high punch to the base of the nose. The Defender may ask for a middle punch to the solar plexus attack instead by touching his solar plexus. The Defender should warn the Attacker if the one-step involves a takedown. The Defender should nod slightly to acknowledge the information.
- Defender then **KIAs** when ready to defend and prepares to block.
- Attacker steps forward with right foot into right front stance and punches to the nose (or solar plexus if requested) of the Defender.
- Defender simultaneously executes a one-step.
- Defender returns to ready stance with a **KIA** when finished. Attacker then returns to ready stance.
- Attacker and Defender then switch roles for the next one-step.

The techniques as described in the following pages are initially learned against a right punch. However, after Gold Belt, you will need to be able to execute one-steps against a right or left punch.

The first ten one-steps use mainly hands for both defense and offense. The primary objective is to teach you how to get within an effective distance to execute techniques to the proper targets. You will also learn how to smoothly shift stances and control an opponent's movement using your knee placement.

The next five one-steps concentrate on kicking techniques. These one-steps also introduce control techniques that stop an opponent without doing a lot of damage.



**Thunder**

This is the first of the Basic One-Steps.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>
1	Ready stance		
2	Attacker prepares to attack		
3	Fold with left hand down. Step forward into left front stance with your knee inside your attacker's knee.	Left outside block.	Right forearm
4		Right punch, chamber left fist. <b>KIA</b>	Solar Plexus
6	Fold for right middle knife-hand block. Step back with left foot into right back stance.	Right middle knife- hand block	
7	Move right foot back into ready stance		



**Whirlwind**

This is the second of the Basic One-Steps.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>
1	Ready stance		
2	Attacker prepares to attack		
3	Fold with left hand down. Step forward into left front stance with your knee inside your attacker's knee.	Left outside block. Chamber right knife-hand by right ear.	Right forearm
4		Right chop, chamber left fist. <b>KIA</b>	Neck
6	Fold for right middle knife-hand block. Step back with left foot into right back stance.	Right middle knife-hand block	
7	Move right foot back into ready stance		



**Launch**

This is the third of the Basic One-Steps.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>
1	Ready stance		
2	Attacker prepares to attack.		
3	Fold with left hand down. Step forward into left front stance with your knee inside your attacker's knee.	Left up block.	Right forearm
4		Right palm thrust, chamber left fist. <b>KIA</b>	Chin
6	Fold for right middle knife-hand block. Step back with left foot into right back stance.	Right middle knife- hand block	
7	Move right foot back into ready stance		



**Lightning**

This is the fourth of the Basic One-Steps.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>
1	Ready stance		
2	Attacker prepares to attack. Defender signals for middle punch.		
3	Fold with left hand up. Step forward into left front stance with your knee inside your attacker's knee.	Left down block.	Right forearm
4		Right ridge hand, chamber left fist. <b>KIA</b>	Temple
6	Fold for right middle knife-hand block. Step back with left foot into right back stance.	Right middle knife- hand block	
7	Move right foot back into ready stance		



# Dragon School

# Student Guide

## **Sidewinder**






This is the fifth of the Basic One-Steps.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>
1	Ready stance		
2	Attacker prepares to attack. Defender signals for middle punch.		
3	Inside-block fold with left hand by ear. Step diagonally into left straddle stance with your knee outside your attacker's knee.	Left inside block.	Right forearm
4		Right punch, chamber left fist. <b>KIA</b>	Floating ribs
6	Fold for right middle knife-hand block. Step back with left foot into right back stance.	Right middle knife-hand block	
7	Move right foot back into ready stance		



**Forward Ho**





This one-step trains you to step directly into your attacker's space, to alternate sides when executing techniques, and to withdraw with an awareness of the attacker's position.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
1	Ready stance			
2	Attacker prepares to attack			
3	Fold. Step forward into left front stance with your knee inside your attacker's knee.	Left outside block.	Right forearm	
4		Right vertical chop, chamber left fist. <b>KIA</b>	Left collarbone	
5		Left punch, chamber right fist.	Solar plexus	



# Dragon School

# Student Guide

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
6	Fold. Step back with left foot into right back stance.	Right low knife-hand block		
7		Right front snap kick, fists up to guard	Knee	
8	Step down into left back stance			
9	Move right foot back into ready stance			










# ***Dragon School***

# ***Student Guide***

## **Stances**


This one-step helps you learn correct stances and how to shift stances without losing ground.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
1	Ready stance			
2	Attacker prepares to attack			
3	Fold. Step forward into right straddle stance with your knee inside your attacker's knee.	Right inside block, chamber left fist	Right forearm	
4		Right reverse chop, <b>KIA</b>	Neck	
5	Slide right foot over and pivot into right front stance	Rake face with right fingers	Face	
6		Left reverse punch, chamber right fist	Solar plexus	
7	Fold. Step back with right foot into left back stance.	Left low knife-hand block		



# ***Dragon School***

# ***Student Guide***






	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
8		Left front snap kick, fists up to guard	Knee	
9	Step down in left back stance			
10	Move left foot back into ready stance			



# ***Dragon School*** **Cheerleader**

# ***Student Guide***

This one-step trains you to be aware of the targets that you present to your attacker as well as to vary the areas you attack. It includes multiple techniques from the same side as well as alternating hand and foot techniques.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
1	Ready stance			
2	Attacker prepares to attack			
3	Fold. Step forward into right straddle stance with your knee inside your attacker's knee.	Right inside block, chamber left fist	Right forearm	
4		Right backfist, KIA	Face / Nose	
5	Pivot feet 45° to the left (front stance, facing 45° away from attacker)	Swing right fist down in a "C" motion – hammer fist	Groin	
6	Shift backwards between attacker's legs	Right back elbow	Floating Ribs	
7	Shift weight to left leg	Right heel kick	Groin	
8	Fold. Pivot 180° into left back stance.	Left low knife-hand block		



# ***Dragon School***

# ***Student Guide***

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
9		Left front snap kick, fists up to guard	Knee	
10	Step down into left back stance			
11	Move left foot back into ready stance			








# ***Dragon School***

# ***Student Guide***

## **Intercept**

This one-step emphasizes timing, lateral target awareness, and short-range weapons.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
1	Ready stance			
2	Attacker prepares to attack			
3	Fold. Step forward into left front stance inside attacker's knee.	Left up block, chamber right fist	Right forearm	
4		Right reverse roundhouse elbow, <b>KIA</b>	Floating ribs	
5	As you execute the technique, pivot right 135° into right front stance	Left slashing roundhouse elbow	Floating ribs	
6		Left reverse chop	Neck	
7	Shift weight to right leg	Left heel kick	Groin	
8	Fold. Step forward with left leg and pivot into right back stance.	Right low knife-hand block		



## ***Dragon School***

## ***Student Guide***






	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
9		Right front snap kick	Knee	
10	Step down into right back stance			
11	Move right foot back into ready stance			



**Parry**

This one-step continues the use of leg check movements and begins training in using angles and take-downs.



NOTE: In this one step the attacker must punch to the solar plexus.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
1	Ready stance			
2	Attacker prepares for attack. Defender signals for middle punch.			
3	Fold as for inside block with a left knife-hand. Step forward into left straddle stance – left knee closely behind attacker’s knee.	Left palm-heel block, chamber right fist.	Right forearm	
4		Right ridge hand, chamber left knife-hand high, <b>KIA</b>	Solar plexus	
5		Left horizontal chop, chamber right knife-hand high.	Base of skull	
6		Grab hair with left hand, right horizontal chop	Base of nose	
7	Kneel with left knee to take attacker’s knee to the ground	Twist neck and rake face	Neck and knee	



# ***Dragon School***

# ***Student Guide***

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
8	Fold. Step forward with left leg and pivot into right back stance	Right low knife-hand block		
9		Right snap kick with fists up to guard	Head or ribs	
10	Step down into right back stance			
11	Move right foot back into ready stance			










# Dragon School

## **Front Kick**

# Student Guide

This one-step is the first kicking one step, and concentrates on a devastating close range response.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
1	Ready stance			
2	Attacker prepares to attack			
3	Step back with the right foot into left front stance. Left universal fold.	Left middle knife-hand block, chamber right fist	Right forearm	
4		Grab wrist, right rising front kick (strike with instep), <b>KIA</b>	Groin	
5	Step into right front stance	Right punch, pull attacker's arm as you chamber left fist	Nose (punch past head when executing in class)	
6	Move right foot back into left back stance	Left middle knife-hand block		
7	Move left foot back into ready stance			






# ***Dragon School***

# ***Student Guide***

## **Side Kick**

This one-step increases awareness of kick timing and introduces using a kick as a block.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
1	Ready stance			
2	Attacker prepares to attack			
3	Pivot 45° left. Right universal fold.	Right middle knife-hand block and right side thrust kick, <b>KIA</b>	Solar plexus (aim for hip in class)	
4	Step into right straddle stance inside attacker's knee	Grab wrist and strike down with attacker's arm	Groin	
5	Move right foot back into left back stance	Left middle knife-hand block		
6	Move left foot back into ready stance			






# ***Dragon School***

## **Butterfly Kick**

# ***Student Guide***

This one-step helps you learn to use an attacker's strength or height against him. It also works on judging distance and timing multiple kicks.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
1	Ready stance			
2	Attacker prepares to attack			
3	Step back into right front stance. Left universal fold.	Left middle knife-hand block, chamber right fist	Right forearm	
4		Grab wrist, left front snap kick	Knee (kick past inside of knee in class)	
5		Jump into right front snap kick, <b>KIA</b>	Solar plexus or chin (kick past the outside of the body in class)	
6	Move right foot back into left back stance	Left middle knife-hand block		
7	Move left foot back into ready stance			








# Dragon School

## **X-Block**

# Student Guide

This one-step incorporates a control technique that will allow time to choose targets.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
1	Ready stance			
2	Step back with right foot into left front stance	Knife-hand X-Block up, with right hand closer to your body	Right forearm	
3	Pivot hips 90° right	Roll both hands over and grab around attacker's fist with your left palm on top of attacker's fist.		
4	Pivot hips 90° left	Pull attacker's fist to your center. Control by applying pressure to the back of their hand.		
5		Right front snap kick (strike with instep)	Solar plexus	
6		Right front snap kick (strike with instep), <b>KIA</b>	Face	
7	Move right foot back into left back stance	Left middle knife-hand block		
8	Move left foot back to ready stance			







# Dragon School

## **Crescent Kick – Side Kick**

# Student Guide

This one-step continues the use of combination kicks and blocking kicks. It works on timing, distance and control.

NOTE: In this one step the attacker must punch to the solar plexus.

	<b>Stance/Steps</b>	<b>Technique</b>	<b>Target</b>	<b>Picture</b>
1	Ready stance			
2	Attacker prepares to attack. Defender signals for low punch.			
3	Bring arms up to guard.	Right inside crescent kick	Right forearm	
4	Refold leg	Right side thrust kick, <b>KIA</b>	Solar plexus	
5	Step down into right straddle stance	Right backfist	Nose	
6	Move right foot back into left back stance	Left middle knife-hand block		
7	Move left foot back into ready stance			



## **Dragon School** **Original One-Steps**

## **Student Guide**

Promotion to Purple Belt and above requires each student to create personalized one-steps. All one-steps must accomplish three things:

1. Stop, deflect or avoid the attack.
2. Launch a counterattack that will prevent further attacks
3. Move away from the attacker to a safer distance

One-steps should be done with proper stances, good attitude, and strong, focused power. This goes for both the attacker and the defender.

The following are examples of techniques to help you start creating your own one-steps:

1. Left middle knife-hand block with right chop at the same time...
2. Right side kick; right backfist...
3. Left inside block with left front kick from back stance...
4. Right up block; double chop to neck; knee to groin...

Write down your original one-steps so you don't forget them: