



Yellow Belt One Steps

SEGMENT	TECHNIQUE	STANCE	SECTION
One Step #1			
1. L	Double Outer Forearm Block	Back	High
2. L	#3 Jump Front Kick	-----	High
3. L	Knifehand Strike	Back	High
4. R	Reverse Punch	Back	Mid
5. L	Double Outer Forearm Block – <i>KIHAP</i>	Back	High
One Step #2			
1. R	Double Outer Forearm Block	Back	High
2. R	#3 Jump Front Kick	-----	High
3. R	Backfist	Back	High
4. L	Reverse Punch	Back	Mid
5. R	Punch	Back	High
6. R	#1 Round Kick	Back	Mid
7. R	Double Outer Forearm Block – <i>KIHAP</i>	Back	High
One Step #3			
1. R	Low Block	Middle	Low
2. L	Backfist	Middle	Mid
3. L	Knifehand Strike	Middle	High
4. R	#4 Round Kick	-----	High
5. R	Double Outer Forearm Block – <i>KIHAP</i>	Back	High