

One Steps 1-5 for Orange and Green Belts

1. Take right step forward, right slap block in saddlelock stance at 45° and two punches to the face.
2. Left ridge middle block in back stance, left back fist strike to the nose. Right reverse punch to the stomach in forward stance.
3. Right foot front kick & left side kick to the stomach, make sure after front kick bring right foot next to left foot.
4. Left foot front kick & right foot round house kick. Make sure after left foot front kick bring left foot back in front of right foot.
5. Left slap block in forward stance, grab with same hand, right palm strike to the chin & major outer reaping with right foot, finish with reverse punch.

One Steps 6-10 for Blue and Purple Belts

6. Move 45° angle right ridge hand strike to the solar plexus in foreword stance, left punch to the face in saddlelock stance & right elbow strike to the ribs in forward stance.
7. Right knife hand block, groin strike same hand & neck strike in back stance & two punches in forward stance.
8. Left side kick to the stomach, left knifehand block & right punch to the face in forward stance.
9. Left front kick, right roundhouse kick to stomach, inside & outside crescent kick same foot, and left-right double punch to face.
10. Move right foot in universal block in back stance, left foot step in forward for major hip throw & finish with reverse punch.

One Steps 11-15 for Brown, Red and Red/Black Belts

11. Right slap block in saddlelock stance & left side thrust punch in left saddlelock stance. Right knifehand strike to the neck in forward stance.
12. Right crescent blocking kick & turning left wheel, kick to the face.
13. Right crescent blocking kick & right side kick.
14. Jumping roundhouse kick to the face.
15. Left knifehand block, right ridgehand groin strike in right side back stance, one arm shoulder throw in saddlelock stance & finish with reverse punch.

One Steps 16-20 for Black Belt

16. Right knife hand block & strike to the neck in right back stance, left ridgehand strike to the neck, right punch to the stomach. uppercut, elbow strike and backfist all in forward stance.
17. Double kick, front kick & roundhouse kick with right foot and turning- back side kick & hook kick with same foot.
18. Right blocking crescent kick & jumping turning right crescent kick to the face.
19. Left crescent blocking a. jumping right wheel kick to the head.
20. Left slap block & low turning wheel kick throw and finish with reverse punch.