

Lenox TaeKwonDo One-Step Sparring Techniques

Abbreviations: LH=Left Hand, RH=Right Hand, LL=Left Leg, RL=Right Leg

White Belt

1. LH push block – triple punch (RH then LH to ribs, RH to nose)
2. LH rising block – RH high punch
3. RL side kick to outside opponent's right side

Yellow Belt

4. RH middle block – pivot back on right foot with L elbow strike to solar plexus
5. LH middle block – back spin knifehand strike to neck
6. RL side kick to horse stance– RH knifehand strike to neck
7. RH middle block – backspin R elbow low to solar plexus then high to nose

High Yellow Belt

8. LL inside/out crossing kick – RL roundhouse
9. RL outside/in crossing kick to horsestance – RH knifehand strike to neck
10. block – triple punch – RL roundhouse to mid section
11. RL side kick - RH knifehand to neck – step back roundhouse

Orange Belt

All previous one-steps only off the left side.

High Orange Belt

12. LH push block to LL horse stance - RH reverse knifehand strike to solar plexus - LH vertical knifehand to neck – R elbow to spine
13. RL inside/out crescent kick to attacker's arm, set down – RL roundhouse to temple

Green Belt

14. RL side kick, set down in same spot – LL spin side
15. Step LL into front stance while executing LH press block then grab opponent's punching arm with LH – RH ridge hand to solar plexus, grab lapel with RH pulling opponent towards you – sweep opponent's front leg with RL
16. LL inside/out drop kick to attacking elbow – RH punch to solar plexus

High Green Belt

17. LH press block into LL front stance grabbing wrist with LH - execute a forward R elbow strike to face – R rear elbow strike to back of head (with or without a step)
18. LL front stance with LH single knifehand block grabbing opponent's punching hand – RH ridgehand strike to groin – R ridgehand strike to temple – step with RL going under opponent's arm and rotate and RH ridgehand strike to opponent's throat or bridge of nose
19. LH rising block in l front stance, keep rising block up; arm on opponent's arm – RH high punch - slide the LH down and grab the opponent's hand – swing the punch down and across your body to the right while stepping with the LL towards the right – step under opponent's arm and grab with RH (opponent's elbow is up and bent) and drop down while taking them off balance

Blue Belt

20. LL front stance Jebi-poom mak-ki, sweep back of knee with RH
21. (please duck ma'am or sir?) LL crossing kick (out/in), RL wheel kick
22. LH single knifehand block – step LL front stance – execute vertical R elbow strike to chin

High Blue Belt

23. RL outside/in crossing kick – LL spin side
24. RL crossing kick without setting foot down, RL side kick
25. Shift towards right and execute a jumping front snap kick with RF to chin
26. RL outside/in crossing kick to opponent's punch – set straight down – 360° crossing kick to face

Brown Belt

27. LL forward Jebi-Poom Mak-ki – step under arm – RL roundhouse to head
28. LH palm block – RH spear hand strike to throat – R knee strike to solar plexus
29. Step LL front stance – high X-block – twist clockwise – RL roundhouse kick
30. LH push block – Triple punch – grab the punch with RH – execute RL drop kick (or hook kick) – finish with RL roundhouse to head

Red Belt

31. Step RL forward into extended back stance – executing simultaneous LH outside knifehand block and RH reverse knifehand strike to neck – grab opponent's arm with LH while executing a R elbow strike to face – bring RL back to ready position RL forward – pulling opponent towards you with LH – execute a RH knifehand strike to neck
32. Step into LL front stance while executing a single R knifehand outside block – grab with RH while shifting into a R front stance – executing a knifehand strike to the pressure point above elbow – execute an arm bar – slide the LH down to fist trapping it against your hip – finish with R knifehand strike to neck
33. (Figure 4) Step LL into front stance executing a LH rising block – execute a RH palm heel strike to face (while keeping LH up in position) – snake RH behind the elbow and place the RH onto back of your own LH – pull their fist down towards their shoulder – then pull down and step back with LF placing your opponent off balance
34. Step LF front stance – using both hands to redirect the punching arm while turning towards the opponent – then snap out a R elbow strike to the head while stepping forward (this should all flow)
35. RL crossing kick – LL turning jumping crossing kick – RL roundhouse to head