



One Step Sparring



Introduction

One step sparring is an important part of training and allows the student an opportunity to practice techniques with a practice partner and work to understand the appropriate use of both defensive and offensive techniques, effective use of the “Strategic triangle”, and the importance of both the timing and accuracy of all movements.

One step sparring is an arrangement of established defensive moves and offensive counter movements to your training partner’s “attack”. When practiced correctly this system will help teach confidence, timing, assessing distance, co-ordination and the appropriate control of force.

There are, initially, 40 One Step Sparring techniques; 20 Hand Techniques (Defences against punches), 20 Foot Techniques (Defences against kicks). Once completed and fully understood, the student is encouraged to develop these pre-established techniques, allowing themselves to create techniques systems suited to their own physical abilities and preferences and to experiment with the combination of techniques.

Grading Requirements

		Hand Techniques	Kick Techniques
Belt Grade	Technique Numbers	Defence against	Defence Against
9 th – 8 th Kup	1 to 4	Punch	Punch
8 th - 7 th Kup	1 to 8	Punch	Punch
7 th - 6 th Kup	1 to 8	Punch	Punch
6 th - 5 th Kup	1 to 12	Punch	Kick
5 th - 4 th Kup	1 to 12	Punch	Kick
4 th - 3 rd Kup	1 to 16	Punch	Kick
3 rd - 2 nd Kup	1 to 16	Punch	Kick
2 nd - 1 st Kup	1 to 20	Punch	Kick
Black Belts	All and freestyle		

In one step sparring practice, training partners assume and alternate the roles of Attacker and Defender.

The Attacking training partner.

When attempting a new technique, the attacker must “attack” at a moderate speed to allow the defender sufficient time to assess and utilise the appropriate co-ordination of the technique being practiced. To achieve this the attacker must:

1. Prior to commencing ensure that they have allowed adequate distance between themselves and their defending practice partner.
2. Be sure that their practice partner understands the nature of the attack that they are going to use.
3. Ensure that their practice partner is ready to defend against their attack before commencing the attack.
4. Use the correct speed and power when attacking. Both speed and power of the attack should be of a moderate nature until both the defender and attacker agree that they are confident in the technique being practiced.



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The Defending training partner.

The defending training partner must:

- Be clear in their mind of the entire sequence of movements to be used in the technique, and stances used, the correct direction and height of any blocks and ensure that they understand the type of defensive counter to be used to end the technique.
- Ensure that they control the power of the defensive counter so as to avoid injury to their training partner.
- Ensure that they control the distance and timing of their defensive counter to again avoid injury to their training partner.

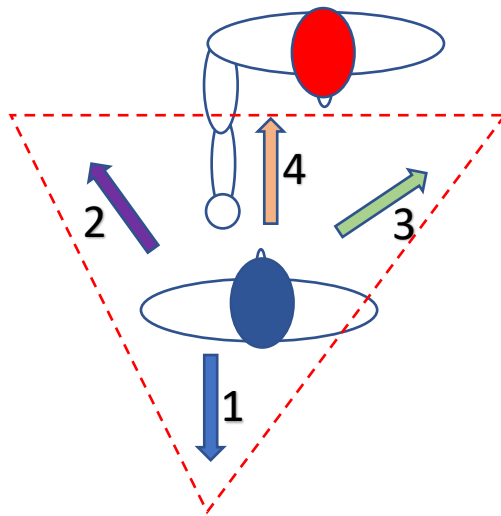
Preparation to start the techniques.

The following sequence **MUST** be used prior to commencing any technique.

1. Training partners face each other and stand at “attention”. At this point an agreement must be made as to who is the attacker and who is the defender.
2. Bow to each other.
3. Distance. To assume the correct distance between training partners the attacking training partner holds their attacking hand fully out between themselves and the defending training partner and adjusts the distance between them until their arms outstretched with fist hands are just touching their training partners chest.
4. Both training partners assume ready “choon be” stance.
5. The attacking training partner steps back with their right leg into a left leg forward front stance with their right hand chambered and ready to punch. The attacking training partner now “Ki haps” to signal their readiness.
6. When the defending training partner is ready, they also “ki hap”.
7. Only on hearing the defending training partner’s ki hap can the attacking training partner move, stepping forward into a right foot forward front stance whilst performing a right handed punch. The height of the punch is dependant on the technique being practiced.

The Strategic Triangle.

The basic diagram, below, illustrates from above an attacker (Red head) throwing a right-hand punch at a defender (Blue head). The defender has a number of movement options as a part of their defence which are included within the established 20 self defence one step sparring techniques.



Movement Option 1 - Step Back and away from the attacker creating space between the attack. This direction creates space but leaves the defender in the line of a second attack.

Movement option 2 - Move outside of the attack, effectively blind-siding the attacker and frustrating a quick second attack.

Movement Option 3 - Step across the attacker to their open side, out of the way of the initial attack and availing the defender to a large area of counter attacks but also risking a further attack from the attacker.

Movement Option 4 - Step into the attacker. This needs precision, confidence and timing and a decisive counter attack.