

OULUNDSSENS SCHOOL OF TAEKWON-DO One-step Requirements

<p style="text-align: center;">YELLOW BELT Must Demonstrate 1-5</p>	<ol style="list-style-type: none"> 1. stepping back into right "L" stance with left knife-hand block; right high-section reverse punch. 2. Stepping back into right "L" stance with left inner forearm block; right high-section reverse punch. 3. Stepping back into left walking stance with left outer forearm block; right high-section reverse punch. 4. Jump right forward into sitting stance with left knife-hand block and right high-section punch combination. 5. Jump left forward into sitting stance with right knife-hand block; and 1-2 punch.
<p style="text-align: center;">GREEN BELT Must Demonstrate 1-5 and 6-8</p>	<ol style="list-style-type: none"> 6. Jump right forward into sitting stance; left knife-hand block and right high-section inward knife-hand strike combination. 7. Stationary inward palm block; slide forward into "L" with right elbow strike. 8. Jump right forward into sitting stance; left knife-hand block and right high-section punch combination; step forward left while grabbing opponent's right wrist and right shoulder; right foot sweep; right reverse punch with yell.
<p style="text-align: center;">HI GREEN BELT Must Demonstrate 6-8 and 9-11</p>	<ol style="list-style-type: none"> 9. Jump right forward into sitting stance with right palm block; right high-section back fist; mid-section 1-2 punch. 10. Stationary right foot crescent block; jump right forward into sitting stance; left knife-hand block and right high-section punch combination. 11. Stationary left foot reverse crescent block; right high-section front turning kick.
<p style="text-align: center;">BLUE BELT Must Demonstrate 9-11 and 12-14</p>	<ol style="list-style-type: none"> 12. Jump right forward into sitting stance; left knife-hand block and right high-section inward knife-hand strike combination; step forward left grabbing opponent's right wrist and right shoulder; right foot sweep; right reverse punch with yell. 13. Jump right forward into sitting stance; left knife-hand block and right high-section inward knife-hand strike combination; bring right foot back to left and right high-section knife-hand strike at same time. 14. (Opponent punches high-section.) Drop forward into left walking stance; left high-section knife-hand block and right high-section inward knife-hand strike combination.
<p style="text-align: center;">HI BLUE BELT Must Demonstrate 12-14 and 15-17</p>	<ol style="list-style-type: none"> 15. Stationary right inward palm block; slide forward into right "L" stance with right elbow strike follow with left elbow strike. 16. Jump left forward into sitting stance; left palm block; 1-2 punch; grab opponent's right shoulder with your right hand; right foot mid-section front turning kick; right foot sweep; right reverse punch with yell. 17. Stationary right inward palm block; slide forward into right "L" stance; right elbow strike; left elbow strike; high-section right elbow strike.