

ELMHURST MARTIAL ARTS

One Step-Sparring Techniques

Chang's Martial Arts Academy has twelve basic one step sparring techniques in its curriculum. These are basic techniques but each one contains important self-defense concepts. Practice these techniques until you can perform them instinctually, without thinking.

One-Step Sparring Techniques

Number One

➤ Defense Against Middle Punch Attack

1. Defender steps forward and out at a 45° angle with the right leg into a horse stance
2. At the same time, knife hand block with the left hand and
3. Punch the attacker's face with the right hand, KIHAP!

Key Concepts

- Move off the line of attack
- Simultaneous block and counter
- Philtrum or neck as target

Number Two

➤ Defense Against Middle Punch Attack

1. Defender steps forward and out at a 45° angle into a horse stance with the right leg
2. Knife hand block with the left hand
3. Pull right foot back and grab attacker's wrist with the left hand
4. Step forward with the right foot and knife hand strike the attacker's neck, KIHAP!

Key Concepts

- Move off line of attack
- Control opponent by grabbing arm
- Adjust distance to make counter strike effective
- Neck / brachial plexus as target

Number Three

➤ Defense Against Middle Punch Attack

1. Defender steps forward and out at a 45° angle into a horse stance with the left leg
2. Inside middle block with the left hand
3. Double middle punch, right hand and left hand to floating ribs
4. Move right leg back and right leg roundhouse kick to attacker's midsection

Key Concepts

- Angle movement to the attacker's "blind" side
- Adjust distance for hand and foot strikes
- Floating ribs and solar plexus as targets

Number Four

➤ Defense Against Middle Punch Attack

1. Defender steps forward with the right foot into a front stance
2. Simultaneously, knife hand block with the left hand and knife hand strike attacker's neck with the right (inside knife hand strike)
3. Grab attacker's wrist and neck
4. Left knee strike to attacker's middle or face

Key Concepts

- Entering with a front stance
- Deflecting vs. blocking
- Controlling the head
- Using forward momentum to add power to knee strike
- Groin, solar plexus or head as target

Number Five

➤ Defense Against Middle Punch Attack

1. Defender steps forward and out at a 45° angle into a horse stance with the left leg
2. Inside middle block with the left hand
3. Right leg side kick to the back of attacker's right knee

4. When attacker drops to knee, right leg roundhouse kick to attacker's head, KIHAP!

Key Concepts

- Angle movement to the attacker's "blind" side
- Breaking the attacker's base
- Double/two level kicking attack
- Knee and neck/temple as targets

Number Six

➤ Defense Against High Punch Attack

1. Defender steps forward with the left leg into a front stance and high blocks with left hand
2. Right hand passes under attacker's arm, bends the elbow and grabs left wrist to lock attacker's arm
3. Defender outside sweeps attacker's right leg with the right leg
4. After takedown, reverse punch to attacker's face, KIHAP!

Key Concepts

- Forward motion/entry makes high block effective
- Combination of block, lock, sweep and counter attack
- Breaking attacker's balance by attacking upper torso and base
- Opposite motion makes takedown possible
- Forearm is target of high block

Number Seven

➤ Defense Against Middle Punch Attack

1. Defender blocks punch with right leg inside crescent kick
2. Without putting right leg down, right leg roundhouse kick to attacker's middle or head, KIHAP!

Key Concepts

- Using the legs like the arms
- Circular technique vs. linear technique
- Using distancing and timing to make kicking techniques work
- Blocking with foot to expose targets
- Rapid and precise delivery of kicks

- Wrist/forearm and head as targets

Number Eight

➤ Defense Against Middle Punch Attack

1. Defender blocks punch with right leg outside crescent kick
2. Left leg roundhouse kick to attacker's kidney or head, KIHAP!

Key Concepts

- Using the legs like the arms
- Circular technique vs. linear technique
- Using distancing and timing to make kicking techniques work
- Blocking with foot to expose targets
- "Opening" the attacker's "blind" side
- Wrist/forearm and head as targets

Number Nine

➤ Defense Against Middle Punch Attack

1. As attacker starts to punch, defender immediately delivers a right leg side kick to attacker's face or throat, KIHAP!

Key Concepts

- Don't bother blocking
- Use a longer range weapon to hit your attacker before he hits you
- Meet the attack with overwhelming linear force
- Meet attacker's momentum with yours to add power to your kick
- Multiple targets available along attacker's centerline

UPDATE!!!

1. Drop back with left foot into back stance, single knife hand block with right hand.
2. Grab attacker's wrist and deliver right leg side kick to attacker's ribs, KIHAP!

Number Ten

➤ Defense Against Middle Punch Attack

1. Defender blocks punch with right leg inside crescent kick
2. Turning counter clockwise, left leg back kick to attacker's middle
3. Complete the turn and right leg roundhouse kick to attacker's middle or face, KIHAP!

Key Concepts

- Combine circular and straight-line motion
- Smother the attacker's attack
- Use distance to inflict maximum damage as quickly and safely as possible
- Arm, solar plexus/middle and head are targets
- Knock the attacker out/down

Number Eleven

➤ Defense Against Middle Punch Attack

1. Defender blocks punch with right leg inside crescent kick
2. Turning counter clockwise, 360° roundhouse kick to attacker's middle, KIHAP!

Key Concepts

- Use distance to protect yourself
- Circular motion to counter a linear attack
- Spin to increase power of kick
- Middle or head is target

Number Twelve

➤ Defense Against Middle Punch Attack

1. Defender blocks by right leg front kicking the underside of the attacker's wrist
2. Without putting the right leg down, jump front kick to attacker's upper arm, armpit or chest, KIHAP!

Key Concepts

- Offensive strategy – Attack the attack
- “Defanging the snake”
- Damage attacker with “block” and the counter attack
- Strikes to nerves in the wrist, arm/armpit making arm useless
- Attacking from underneath

Three-Step Sparring Techniques

Number One

➤ Defense Against Middle Punch Attack

1. Attacker punches with right hand
2. Defender steps right foot back into left front stance, inside middle block to outside of attacker's arm.
3. Attacker punches with left hand
4. Defender steps left foot back into right front stance, inside middle block to outside of attacker's arm.
5. Attacker punches with right hand
6. Defender steps right foot back into left front stance, left hand inside middle block to outside of attacker's arm.
7. Defender counter-attacks with a right hand reverse punch to the attacker's middle, KIHAP!

Key Concepts

- Distance for defense, distance for counterattack
- Begin block as attack begins
- Correct stance for stability and power

Number Two

➤ Defense Against High Punch Attack

1. Attacker punches with right hand.
2. Defender steps right foot back into left front stance, left high block to underside of attacker's arm.
3. Attacker punches with left hand.
4. Defender steps left foot back into a right front stance, right high block to underside of attacker's arm.
5. Attacker punches with right hand.
6. Defender steps right foot back into left front stance, left high block to underside of attacker's arm.
7. Defender counter-attacks with a right reverse middle punch, KIHAP!

Key Concepts

- Correct distancing for high block and counterattack
- Protect the face
- Build confidence and become more comfortable with attacks to the face

Number Three

➤ Defense Against High, Middle and Low Punch Attack

1. Attacker punches high punch with right hand.
2. Defender steps right foot back into left front stance, left high block to underside of attacker's arm.
3. Attacker punches middle punch with left hand.
4. Defender steps left foot back into a right front stance, right inside middle block to the outside of attacker's arm.
5. Attacker punches low punch with right hand.
6. Defender steps right foot back into left front stance, left low block to inside of attacker's arm.
7. Defender counter-attacks with a right reverse middle punch, KIHAP!

Key Concepts

- Defend against multi-level attack
- Transition smoothly from block to block
- Build confidence and improve timing

Self-Defense Curriculum

Defense Against:

1. Attack by Strikes
2. Attack by Kicks
3. Attack by Grabs and Holds
4. Attack by Stick or Club
5. Attack by Bladed Weapon
6. Attack by Firearm
7. Attack in Confined Area
8. Attack on Ground
9. Attack by Multiple Assailants

Defense With:

1. Blocks or Deflections
2. Counter-Strikes
3. Counter-Kicks
4. Throws or Takedowns
5. Locks, Restraints, Chokes
6. Weapons
7. Improvised Weapons
8. Strategy Against Different Types of Attackers