



Ruyter's Academy of Martial Arts

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One-Step Sparring Master List

1. Front stance high block – reverse punch
2. Back/guardian stance – front kick – reverse punch
3. Front stance – simultaneous knife hand block and knife hand block – palm heel strike
4. Guardian stance – lead leg side kick – reverse punch
5. Outside front stance knife hand block – grab wrist – round kick – side kick – reverse punch
6. Horse stance middle block (O-I) – elbow – hammer fist strike – back fist strike
7. Outside front stance knife hand block – grab wrist – round kick – step into horse stance arm bar – drop elbow
8. Front Stance sudo high block – ridge hand strike – leg takes down – groin stomp
9. Cat stance – left hand cut block (O-I) – spin behind elbow – ridge hand strike take down – reverse punch
10. Horse stance middle block (O-I) – right and left palm heel – sickle strike
11. Back stance knife hand block – front stance grab and knee strike – elbow strike
12. Horse stance knife hand block and punch (simultaneous) – vertical punch (L-R) – hammer fist – back fist – palm heel – elbow
13. (Shih ho nagai – four directional throw) right leg front stance x-block – grab and pull – pivot – take down – reverse punch
14. Back stance crescent kick block sidekick – sweep – round kick
15. Right leg front stance – simultaneously middle block (I-O) and ridge hand strike – trap back fist – grab knee strike front kick – sweep – reverse punch