



**Instructor:**  
**Master Delafield**

3rd Dan  
ONE-STEPS

43-50

# 43

Attacker	Defender
● Left hand lowblock - K'ihap.	● Junbi - K'ihap.
● 3 High punches:	● 3 High blocks:
● Step forward with your right foot into front stance, right hand high punch.	● Step back with your right foot into front stance and block the punch with a left high block.
● Step forward with your left foot into front stance, left hand high punch.	● Step back with your left foot into front stance and block the punch with a right high block.
● Step forward with your right foot into front stance, right hand high punch.	● Step back with your right foot into front stance and block the punch with a left high block.
	● Regular high punch to their face with your right hand.
	● Step across the attackers front foot with your right foot, at the same time delivering a right forearm strike to their ribs.
● Step or lean back far enough to make their knifehand make sense (if you are too close they will hit with the elbow or forearm instead of the intended knifehand).	● Continue spinning to your left, stepping back with your left foot, delivering a spinning back knifehand strike with your left hand to their throat - K'ihap.

# 44

Attacker	Defender
● Left hand lowblock - K'ihap.	● Junbi - K'ihap.
● 3 High punches:	● 3 Opposite hand high blocks:
● Step forward with your right foot into front stance, right hand high punch.	● Step back with your right foot into front stance and block the punch with a right high block.
● Step forward with your left foot into front stance, left hand high punch.	● Step back with your left foot into front stance and block the punch with a left high block.
● Step forward with your right foot into front stance, right hand high punch.	● Step back with your right foot into front stance and block the punch with a right high block.
	● Grab their right wrist with your right hand and deliver a low / high roundhouse with your right leg.
	● Spinning to your right, go under their arm while turning to your left(now standing beside them facing the same way) grabbing their wrist also with your left hand and positioning their arm over your left shoulder.
● Roll.	● Stepping forward with your right foot throw your attacker forward.
	● Right hand punch - K'ihap.

## 45

Attacker	Defender
<ul style="list-style-type: none"> <li>● Fighting stance - K'ihap.</li> <li>● Right front kick.</li> </ul>	<ul style="list-style-type: none"> <li>● Junbi - K'ihap.</li> <li>● Step back with your right foot into front stance and block the punch with a left snake block.</li> </ul>
<ul style="list-style-type: none"> <li>● Left pivot side kick.</li> </ul>	<ul style="list-style-type: none"> <li>● Step back with your left foot into back stance and palm block with your right hand to the backside of their heel.</li> </ul>
<ul style="list-style-type: none"> <li>● Back spinning wheel kick with your right leg.</li> </ul>	<ul style="list-style-type: none"> <li>● Skip back to avoid their wheel kick (still in back stance with the right foot forward) and regular punch to their ribs with your left hand.</li> </ul>
	<ul style="list-style-type: none"> <li>● Pivot side kick with your left foot.</li> </ul>
<ul style="list-style-type: none"> <li>● Backwards roll.</li> </ul>	<ul style="list-style-type: none"> <li>● Reverse side kick with your right foot, but slow motion to allow your attacker to execute the roll.</li> </ul>
<ul style="list-style-type: none"> <li>● Jump up from your roll into a middle double knifehand, left foot forward - K'ihap.</li> </ul>	<ul style="list-style-type: none"> <li>● Step forward into a middle double knifehand, left foot forward - K'ihap.</li> </ul>

## 46

Attacker	Defender
<ul style="list-style-type: none"> <li>● Fighting stance - K'ihap.</li> <li>● Right front kick.</li> </ul>	<ul style="list-style-type: none"> <li>● Junbi - K'ihap.</li> <li>● Step back with your right foot into front stance and block the punch with a left snake block.</li> </ul>
<ul style="list-style-type: none"> <li>● Left pivot side kick.</li> </ul>	<ul style="list-style-type: none"> <li>● Step back with your left foot into back stance and palm block with your right hand to the backside of their heel.</li> </ul>
<ul style="list-style-type: none"> <li>● Low / High roundhouse kick with your right foot.</li> </ul>	<ul style="list-style-type: none"> <li>● Skip back (still in back stance with the right foot forward), take the low roundhouse, but block the high roundhouse with a right inner block.</li> </ul>
<ul style="list-style-type: none"> <li>● Block their backfist with a knifehand block.</li> </ul>	<ul style="list-style-type: none"> <li>● Spin backfist with your left hand headed for their left temple.</li> </ul>
	<ul style="list-style-type: none"> <li>● After they block your back fist, turn to your right and sweep their right leg with your right leg to take down.</li> </ul>
	<ul style="list-style-type: none"> <li>● Left hand punch - K'ihap</li> </ul>

## 47

Attacker	Defender
<ul style="list-style-type: none"> <li>● Left hand lowblock - K'ihap.</li> </ul>	<ul style="list-style-type: none"> <li>● Junbi - K'ihap.</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your right foot into front stance, right hand middle punch.</li> </ul>	<ul style="list-style-type: none"> <li>● Step back with your right foot into front stance and block the punch with a left inner block.</li> </ul>
<ul style="list-style-type: none"> <li>● Left front kick to their groin, followed by a right high regular (with opposite leg) punch to their face.</li> </ul>	<ul style="list-style-type: none"> <li>● Step back with your left foot into front stance and block the kick with a low cross block. Without stepping, block the high punch with a high cross block.</li> </ul>
<ul style="list-style-type: none"> <li>● Right leg roundhouse kick to their mid-section, after kick go to plant your foot on the outside of their right leg.</li> </ul>	<ul style="list-style-type: none"> <li>● Grab their punching hand with your left hand. As their foot is landing spring up shooting their right leg out. Take down and right hand punch - K'ihap.</li> </ul>

## 48

Attacker	Defender
<ul style="list-style-type: none"> <li>● Left hand lowblock - K'ihap.</li> </ul>	<ul style="list-style-type: none"> <li>● Junbi - K'ihap.</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your right foot into front stance, right hand middle punch.</li> </ul>	<ul style="list-style-type: none"> <li>● Step back with your right foot into back stance and block the punch with a left inner block.</li> </ul>
<ul style="list-style-type: none"> <li>● Then spinning backfist with your left.</li> </ul>	<ul style="list-style-type: none"> <li>● Step back with your left foot into back stance and block the backfist with a right inner block.</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your right foot into front stance, right hand high punch.</li> </ul>	<ul style="list-style-type: none"> <li>● Skip back into back stance, blocking the attacker's punch with a left middle knifehand and at the same time delivering a right knifehand strike to their neck.</li> </ul>
	<ul style="list-style-type: none"> <li>● Grab the attacker's punch with your left hand and spin under their arm to your right</li> </ul>
	<ul style="list-style-type: none"> <li>● Take down and punch - K'ihap</li> </ul>

## 49

Attacker	Defender
● Left hand lowblock - K'ihap	● Junbi - K'ihap.
● 3 Punches:	● 3 Inner Blocks:
● Step forward with your right foot into front stance, right hand middle punch	● Step back with your left foot into front stance and block the punch with a right inner block.
● Step forward with your left foot into front stance, left hand middle punch	● Step back with your right foot into front stance and block the punch with a left inner block.
● Step forward with your right foot into front stance, right hand middle punch	● Step back with your left foot into front stance and block the punch with a right inner block.
● Block their backfist with a knifehand block.	● Spin backfist with your left hand headed for their left temple.
	● After they block your back fist, turn to your right and sweep their right leg with your right leg to take down. Right hand punch - K'ihap.

## 50

Attacker	Defender
● Left hand lowblock - K'ihap	● Junbi - K'ihap.
● 3 Punches:	● 3 Inner Blocks:
● Step forward with your right foot into front stance, right hand middle punch	● Step back with your right foot into front stance and block the punch with a left inner block.
● Step forward with your left foot into front stance, left hand middle punch	● Step back with your left foot into front stance and block the punch with a right inner block.
● Step forward with your right foot into front stance, right hand middle punch	● Step back with your right foot into front stance and block the punch with a strong left inner block to swing their arm out of the way.
	● Step across the attackers front foot with your right foot, at the same time delivering a right forearm strike to their ribs.
	● Then step back with your left foot turning and standing upright to do a spinning elbow to same spot you just hit with your forearm.
	● Turn to your right and sweep their right leg with your right leg to take down. Right hand punch - K'ihap.