

# 3rd Gup Red Belt One-Step Requirements

1. The defender steps 45° inward to the right in a horse stance (with both hands chambered on the right hip) and simultaneously performs a left knife hand block to the attacker's right wrist and a right hand high punch to the face. The defender then steps back with the left leg into a fighting stand and executes a middle front snap kick with the right leg landing in a front stance followed by a left hand reverse middle punch then a right hand high punch.
2. The defender steps 45° inward to the right in a horse stance (with both hands chambered on the left hip) and performs a left hand middle punch. The defender rechambers the hands at the right hip and simultaneously performs a left knife hand block to the attacker's right wrist and a right hand high punch to the face. The defender then steps back with the right leg into a fighting stand and executes a high turning side kick with the right leg landing in a front stance followed by a left hand reverse middle punch then a right hand high punch.
3. The defender steps back with the left leg into a fighting stance while executing an outside/ inside right palm block to the attacker's right wrist. The defender then crosses arms in front of the body and steps into right foot forward horse stance while delivering a right arm elbow strike to the attacker's solar plexus. The defender then turns counter clockwise bringing the right foot beside the left foot with the heels of the feet facing the target. Defender then executes a left leg high back kick continuing the counter clockwise turn, landing in a front stance. This is followed by a right hand reverse middle punch then a left hand high punch.
4. The defender steps back with the left leg into a fighting stance while executing an outside/ inside right palm block to the attacker's right wrist. The defender then crosses arms in front of the body and steps into right foot forward horse stance while delivering a right arm elbow strike to the attacker's solar plexus. The defender then follows with a back turning left elbow attack to the ribs. The defender then turns back clockwise into a fighting stance with the right leg back and executes a high right leg round kick landing in a front stance. Defender then executes a left hand reverse middle punch then a right outside/inside knife hand attack to the side of the neck.