

1-Step Techniques

One Step Sparring Techniques, are practiced from the very beginning of your training with AImAA, and they continue to be part of your martial arts training for as long you continue to train. That is why they (as well as your patterns) are so important.

These techniques all have one thing in common....and that is that they are defending against the exact same single punch everytime from an attacker. The reason for this is that in a street situation, this is the mostly likely and common means of attack that an attacker will use. So out of the 35 defensive movements, there is bound to be at least one that will suit you.

There are 35 techniques all together, and you need to know the first 5 of them for your very first grade to 9th Kup (Yellow belt). And then as you progress you will need to learn more.

They are listed as follows:

Techniques 1-5 (Required for White Belt)

- 1) Left Knifehand Block, Right Reverse Punch
- 2) Lefthand Rising Block, Right Reverse Punch
- 3) Righthand OuterForearm Block, Left & Right Reverse Punch
- 4) Side Step avoiding, Right Leg Side Kick
- 5) Right Leg Stepping Back, Right Leg Single Front Snap Kick

Techniques 6-10 (Required for Yellow and Orange Belt)

- 6) Left Knifehand Block, Right Knifehand attack, Draw Back Right Knifehand attack
- 7) Left Leg Inside-Outside Crescent Kick, Right Leg Roundhouse Kick
- 8) Righthand OuterForearm Block, Left & Right Reverse Punch, Right Leg Roundhouse Kick
- 9) Righthand Inward Hammer Block, Righthand Backfist Attack
- 10) Righthand Inward Hammer Block, Rightarm Elbow Strike, Leftarm Elbow Strike

Techniques 11-15 (Required for Green, Blue and Purple Belt)

- 11) Right Leg Jumping Front Snap Kick
- 12) Side Step avoiding, Right Leg Back Turning Kick
- 13) Right Leg Front Snap Kick, Left Knifehand Block, Right Reverse Punch
- 14) Leftarm Rising Block, Stepping Behind Twisting Arm Grab, Right Knifehand Strike
- 15) Left Knifehand Block, Right Knifehand Attack, Right Leg Stepping-in Takedown

Techniques 16-20 (Required for Low and High Brown Belt)

- 16) Rightarm Elbow Strike, Right Knifehand Strike, Right Leg Stepping-in Takedown
- 17) Right Knifehand Block, Right Leg Hook Kick, Right Leg Hook Kick Takedown
- 18) Right Leg Jumping Roundhouse Kick
- 19) Rightarm Rising Block, Doublehand Twisting Wrist Hold, Right Leg Front Snap Kick
- 20) Left Leg Stepping-in, Right Leg Spinning Heel Kick

Techniques 21-25 (Required for Low Red Belt)

- 21) Right Leg Outside-Inside Crescent Kick, Right Leg Side Kick
- 22) Left Leg Outside-Inside Crescent Kick, Right Leg Jump Spinning Crescent Kick
- 23) Right Leg Jumping Side Kick
- 24) Left Leg Jumping Back Turning Kick
- 25) Right Leg Outside-Inside Crescent Kick, Right Leg Jumping 360 Roundhouse Kick

Techniques 26-30 (Required for High Red Belt)

- 26) Arm Lock, Elbow Attack
- 27) Dropping Side Kick, Knee Break or Lock
- 28) Dropping Double Front Snap Kick
- 29) Dropping Roundhouse Kick, Heel Kick, Take Down, Axe Kick
- 30) Jumping Twisting Kick

