



One & Three Step Sparring Mastering Space & Time

by Grandmaster Hee Il Cho

Each series of one and three step sparring movements sharpens one's ability to judge distance and timing and generate a rapid succession of blocks and counter attacks.

One and three step fighting techniques are prearranged attacking and defending movements which are performed in concert by two participants. These training techniques are among the best methods of familiarizing students with punching, kicking, blocking and all the other basic movements. They develop the student's ability

to face an opponent, produce an effective series of movements, and do this with great speed and accuracy. Repetitive practice of the one and three step sparring techniques hones one's ability to move in the proper direction at the precise time to the opponent's right vital spot. They are an essential preparation for free fighting activities because of

their effectiveness in promoting a student's skills in judging distance and timing, as well as developing precision in hitting a target.

In one step sparring, the attacker advances with a single punch and the defender meets with a counter technique. Three step sparring is similar, the difference being in the amount of movements. The Defender moves backwards with two blocks and then advances with an attack.

When you are the attacker, always punch for the proper zone. When you are the defender, try to counter the punch at the moment it arrives, don't anticipate and don't delay. Make sure that you and your partner are working *with* each other and not *against* each other. This will create a safe environment for building your skills.

Regardless of which role you are in, avoid stiff unnatural motions. Make the movements flow. *Life is full of change. Don't resist. Try flowing.*

Whatever the system of martial arts you are studying, you will pick up spontaneous speed and timing in your sparring abilities by practicing one and three step fighting techniques.

The following techniques may be studied in greater detail in "The Complete One & Three Step Sparring", book and DVD by Master Hee Il Cho.



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Train Both Mind & Body

The essence of all Martial Arts was founded on a union between mind and body. What many students do not realize is that an important ingredient for achieving success in dynamic kicking, blocking and punching, is to reach a more calm and serene mental state.

With time and practice, one and three step sparring techniques develop a strong coordination between the mind and body, and at the same time forge a spirit of strength and perseverance. It is from this combination of forces, physical, mental and spiritual, that the complete martial artist emerges.

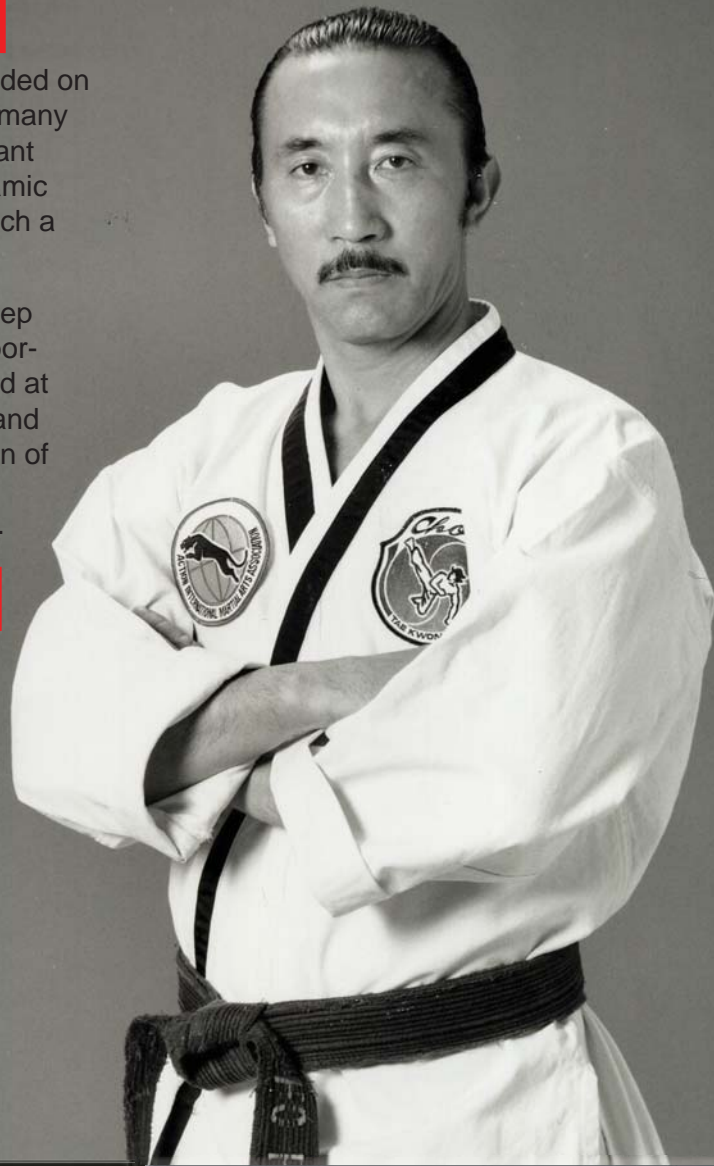
First Learn the Basics

The Basics are a puzzle.

Once you know them, you never need to think of them. If you don't know them, you can never get past them.

If you know them, they are nothing. If you don't know them, they are everything.

Take the time to make them nothing.



JHOON-BEE: The Ready Stance

1



ATTACKER: The First Movement

2



ATTACKER and DEFENDER:
Attention Position, Bow. (Charyot, Kyung-Nae)
Show respect for your partner by first standing with your feet together, hands at your sides and back straight, and then bowing from the waist at a 45 degree angle for about two seconds (or the time it takes to say "Thank you, sir."). Remember, the person you are working with is helping you. He or she is not your actual opponent. Without this other person, you would not be able to train as fully, so show your respect and gratitude.

ATTACKER: Left Forward Stance, Down Block KIHAP! (YELL)
DEFENDER:
DO NOT RUSH! While still in the Choon-Bi position, make sure that you are mentally prepared to execute the techniques. When you are ready, signal the Attacker by KIHAPing!
ATTACKER: When the Defender signals that he is ready by KIHAPing (YELLing), shift your balance onto your left leg and step forward into a Right Forward Stance, keeping your weight distributed 50/50.

Inside to Outside Crescent Kick, Roundhouse Kick

Ready Position

The actual one step sparring begins with the Attacker and Defender facing each other in a proper Jhoon-Bee position. From the Attention Position, move your left foot to your left side about one shoulder width away from your right foot. Your toes should be facing forward and your back should be straight. Form tight fists with your hands by rolling your fingers inward and placing your thumbs across your index and middle fingers. Bring your fists in front of your body just below your waist, palms facing inward and elbows bent at 45 degree angles.

The Ready Stance



ATTACKER: Left Forward Stance, Down Block. KIHAP!

DEFENDER: DO NOT RUSH!

The First Movement



DEFENDER: While still in the Jhoon-Bee position, make sure that you are mentally prepared to execute the defense techniques. When you are ready, signal the Attacker by KIHAPing!



ATTACKER: When the Defender signals that he is ready by KIHAPing, shift your balance onto your left leg and step forward into a Right Forward Stance, keeping your weight distributed 50/50. Simultaneously execute a High-Section Lunge Punch with your right hand.

NOTE: The punch should be delivered at full speed, while the speed of the stepping forward motion should be slightly faster than a walking pace.



DEFENDER: As the Attacker steps forward, shift your weight onto your right foot. Raising your left leg, execute an Inside to Outside Crescent Kick to the inside of the Attacker's punching arm. Bring your left leg down to the outside of the Attacker's forward leg, and, shifting your weight onto your left leg, execute a Roundhouse Kick to the Attacker's face or mid-section.



Knifehand Rising Block, Arm Lock, Front Snap Kick

Ready Position

The actual one step sparring begins with the Attacker and Defender facing each other in a proper Jhoon-Bee position. From the Attention Position, move your left foot to your left side about one shoulder width away from your right foot. Your toes should be facing forward and your back should be straight. Form tight fists with your hands by rolling your fingers inward and placing your thumbs across your index and middle fingers. Bring your fists in front of your body just below your waist, palms facing inward and elbows bent at 45 degree angles.

The Ready Stance



ATTACKER: Left Forward Stance, Down Block. KIHAP!

DEFENDER: DO NOT RUSH!

The First Movement



DEFENDER: While still in the Jhoon-Bee position, make sure that you are mentally prepared to execute the defense techniques. When you are ready, signal the Attacker by KIHAPing!



ATTACKER: When the Defender signals that he is ready by KIHAPing, shift your balance onto your left leg and step forward into a Right Forward Stance, keeping your weight distributed 50/50. Simultaneously execute a High-Section Lunge Punch with your right hand.

NOTE: The punch should be delivered at full speed, while the speed of the stepping forward motion should be slightly faster than a walking pace.



DEFENDER: As the Attacker steps forward, shifting your weight onto your left foot, step forward with your right foot into a forward stance to the inside of the Attacker's forward leg (3-4), simultaneously executing a Knifehand Rising block to the Attacker's punching arm (5). Immediately after performing the block, push the Attacker's punching arm clockwise in front of him in as great an arc as possible (6-7). Sliding your right hand down to the Attacker's wrist, bring your left arm forward and apply pressure to the Attacker's elbow as you quickly pull the Attacker's arm upward with your right arm (7). You can follow this with a Front Snap Kick to the Attacker's face (8-9).



Outside to Inside Crescent Kick, Side Kick

The Ready Stance

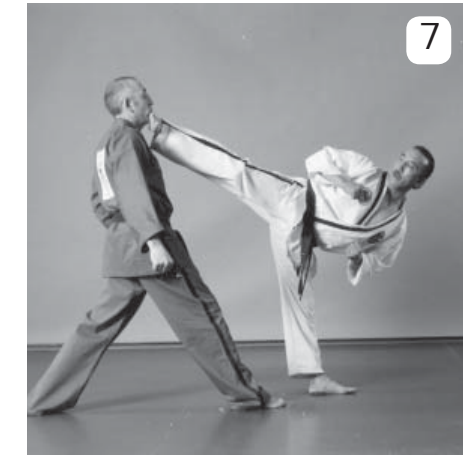


The First Movement



ATTACKER: Left Forward Stance, Down Block. KIHAP!
DEFENDER: DO NOT RUSH!
While still in the Jhoon-Bee position, make sure that you are mentally prepared to execute the defense techniques. When you are ready, signal the Attacker by KIHAPing!

DEFENDER: As the Attacker steps forward, shift your weight onto your left leg and execute an Outside to Inside Crescent Kick with your right leg to the wrist of the Attacker's punching arm (3-4). After completing the Crescent Kick, without dropping your right foot, shift the position of your left foot to face away from the Attacker and pulling your knee close to your chest, lower leg parallel to the floor (5-6), thrust out with the upper portion of your leg and execute a Side Kick to the Attacker's ribcage or face (7).



Spinning Heel Kick

The Ready Stance



The First Movement



ATTACKER: Left Forward Stance, Down Block. KIHAP!
DEFENDER: DO NOT RUSH!
While still in the Jhoon-Bee position, make sure that you are mentally prepared to execute the defense techniques. When you are ready, signal the Attacker by KIHAPing!

DEFENDER: As the Attacker steps forward, rapidly shift your weight onto your left foot, turn your body clockwise and raise your right leg waist level, keeping your knee straight (4). Generate power by torquing your waist, letting your kicking leg follow the swing of your body. Keeping your knee straight, execute Spinning Heel Kick to the Attacker's face (5).

Inward Hammer Block, Backfist Attack

The Ready Stance



1

The First Movement



2



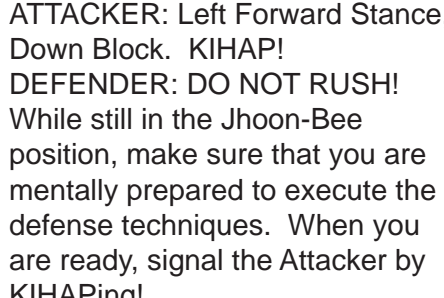
3



4



5



6



7



8

ATTACKER: Left Forward Stance, Down Block. KIHAP!
DEFENDER: DO NOT RUSH!
While still in the Jhoon-Bee position, make sure that you are mentally prepared to execute the defense techniques. When you are ready, signal the Attacker by KIHAPing!

DEFENDER: As the Attacker steps forward, shift your weight onto your left foot and step forward into a 90 degree Riding Horse Stance, executing an Inward Hammer Block to the inside of the Attacker's punching arc. You must be close to the Attacker as you execute this block. Continue your body turning in the direction of the block (counter-clockwise) as far as you can (6), recoiling backwards and executing first a backfist to the bridge of the Attacker's nose (and then an Elbow Attack to the ribcage).

Jumping Front Snap Kick

The Ready Stance



1

The First Movement



2



3



4



5

ATTACKER: Left Forward Stance, Down Block. KIHAP!
DEFENDER: DO NOT RUSH!
While still in the Jhoon-Bee position, make sure that you are mentally prepared to execute the defense techniques. When you are ready, signal the Attacker by KIHAPing!

DEFENDER: As the Attacker steps forward, spring up off of the balls of both feet, jumping straight up into the air by generating power from your lower legs. Bringing your right leg into chamber position, execute a Jumping Front Snap Kick to the Attacker's face or ribcage.

Knifehand Block, Foot Sweep

The Ready Stance



1

The First Movement



2



3



4



5

ATTACKER: Left Forward Stance, Down Block. KIHAP!
DEFENDER: DO NOT RUSH!
While still in the Jhoon-Bee position, make sure that you are mentally prepared to execute the defense techniques. When you are ready, signal the Attacker by KIHAPing!



6



7



8

DEFENDER: As the Attacker steps forward, shift balance onto your right foot, stepping forward with your left foot into a Forward Stance to the outside of the Attacker's forward foot. As you step, simultaneously execute a left hand Knifehand Block to the Attacker's wrist (3-4). Grabbing the Attacker's shoulder with your right hand and his wrist with your left hand (5), step forward with your right foot directly behind the Attacker's forward leg (6). Pulling backwards with your right leg, sweep the Attacker's forward leg close to his ankle as you push forward on his right shoulder, performing a take down (7-8).

Jumping Back Turning Kick

The Ready Stance



1

The First Movement



2



3



4



5

ATTACKER: Left Forward Stance, Down Block. KIHAP!
DEFENDER: DO NOT RUSH!
While still in the Jhoon-Bee position, make sure that you are mentally prepared to execute the defense techniques. When you are ready, signal the Attacker by KIHAPing!

DEFENDER: As the Attacker steps forward, rapidly spring up off of the balls of both feet, generating power with your lower legs. Torquing your upper body clockwise, raise both knees to your chest, lower part of your right leg parallel to the floor. As you turn 180 degrees in the air, thrust out with the upper portion of your right leg, executing a Jumping Back Turning Kick to the Attacker's ribcage or face level.