

| One Step | Attack | Defense | Rank |
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| #1 | <ul style="list-style-type: none"> * Step forward * Middle Punch | <ul style="list-style-type: none"> * Step front foot outside opponent's body to horse stance * Left arm block * Right Punch to body * Left Punch to body * Right punch to head | White |
| #2 | <ul style="list-style-type: none"> * Step forward * Middle Punch | <ul style="list-style-type: none"> * Step back foot inside opponent's stance to a horse stance * Right arm inner block * Left Punch to body * Right Punch to body * Left punch to head | White |
| #3 | <ul style="list-style-type: none"> * Step forward * Middle Punch | <ul style="list-style-type: none"> * Step back to cat stance with front foot * Rear foot steps forward to horse stance * Right arm inner block * Left hand over right fist * Elbow strike to body * Back fist with right fist to nose | White |
| #4 | <ul style="list-style-type: none"> * Step forward * Middle Punch | <ul style="list-style-type: none"> * Step out to left front stance * Right arm outer block * Left arm punch to body * Step forward with rear foot * Ridge hand to solar plexis * Twist from waist no foot movement * Left knife hand to solar plexis * Twist back and grab opponents shoulder with right hand * Right leg sweeping kick * Take down * Left hand punch to temple | <div style="background-color: yellow; width: 100%; height: 50%;"></div> <div style="background-color: orange; width: 100%; height: 50%;"></div> |
| #5 | <ul style="list-style-type: none"> * Step forward * Middle Punch | <ul style="list-style-type: none"> * Step out to left front stance * Right hand grabs opponent's wrist * Pull opponent forward while stepping inside their stance * Hit heart line of opponent's upper arm with elbow * Roll shoulder down * Right knee to chest | <div style="background-color: yellow; width: 100%; height: 50%;"></div> <div style="background-color: orange; width: 100%; height: 50%;"></div> |
| #6 | <ul style="list-style-type: none"> * Step forward * Middle Punch | <ul style="list-style-type: none"> * Step out to left front stance * Right hand grabs opponent's wrist * Hook left arm over opponent's arm * Right foot swings to rear * Left leg spins back-to-back * Right elbow to back * Right elbow to back of head | <div style="background-color: yellow; width: 100%; height: 50%;"></div> <div style="background-color: orange; width: 100%; height: 50%;"></div> |

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| <p>#7</p> | <ul style="list-style-type: none"> * Low right front kick * Step right foot forward * Right middle punch | <ul style="list-style-type: none"> * Left arm down block * Left leg to front stance * Left arm outer block * Right punch to chest | <div style="background-color: #00FF00; padding: 2px; text-align: center;">7th Green</div> <div style="background-color: #008000; padding: 2px; text-align: center;">6th Green</div> |
| <p>#8</p> | <ul style="list-style-type: none"> * Low right front kick * Step right foot forward * Right middle punch * Left middle punch | <ul style="list-style-type: none"> * Left arm down block * Left leg to front stance * Right arm inner block * Right arm outer block * Left punch to chest | <div style="background-color: #00FF00; padding: 2px; text-align: center;">7th Green</div> <div style="background-color: #008000; padding: 2px; text-align: center;">6th Green</div> |
| <p>#9</p> | <ul style="list-style-type: none"> * Low right front kick * Step right foot forward * Right punch * Left punch * Right upper block * Left punch | <ul style="list-style-type: none"> * Left arm down block * Left leg to front stance * Right arm inner block * Right arm outer block * Left punch to chest * Right upper block * Left punch | <div style="background-color: #00FF00; padding: 2px; text-align: center;">7th Green</div> <div style="background-color: #008000; padding: 2px; text-align: center;">6th Green</div> |
| <p>#10</p> | <ul style="list-style-type: none"> * Round house kick to head * Left punch * Right punch * Left scoop block * Right scoop block * Left punch | <ul style="list-style-type: none"> * Left high outer block * Left inner block * Left outer block * Right punch * Left punch * Left down block * Right punch to rib | <div style="background-color: #0000FF; padding: 2px; text-align: center;">5th Blue</div> <div style="background-color: #000080; padding: 2px; text-align: center;">4th Blue</div> |
| <p>#11</p> | <ul style="list-style-type: none"> * Round house kick to head * Left punch * Right punch * Left scoop block * Right scoop block * Left punch * Swing down block * Right Punch * Twist and go down to right knee | <ul style="list-style-type: none"> * Left high outer block * Left inner block * Left outer block * Right punch * Left punch * Left down block * Right punch to body * Right circle block * Side kick to back of opponents knee * Left upper cut to head | <div style="background-color: #0000FF; padding: 2px; text-align: center;">5th Blue</div> <div style="background-color: #000080; padding: 2px; text-align: center;">4th Blue</div> |

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| <p>#12</p> | <ul style="list-style-type: none"> * Round house kick to head * Left punch * Right punch | <ul style="list-style-type: none"> * Left high outer block * Right open hand push block * Left open hand push block * Pivot back to back * Right elbow to side * Left elbow to other side * Left back fist to head | <div style="background-color: blue; color: white; padding: 5px; text-align: center;">5th Blue</div> <div style="background-color: darkblue; color: white; padding: 5px; text-align: center;">4th Blue</div> |
| <p>#13</p> | <ul style="list-style-type: none"> * Right middle front kick * Right upper punch * Left outer block * Left inner block * Left outer block * Right punch | <ul style="list-style-type: none"> * Down X Block * Left upper block * Right punch * Left punch * Right punch * Sticky hands, inner leg kick, right knife hand to neck * Right elbow to back | <div style="background-color: red; color: white; padding: 5px; text-align: center;">3rd Red</div> <div style="background-color: darkred; color: white; padding: 5px; text-align: center;">2nd Red</div> |
| <p>#14</p> | <ul style="list-style-type: none"> * Right middle front kick * Right middle punch * Left middle punch * Right middle punch | <ul style="list-style-type: none"> * Down X Block * Right arm inner block * Right arm outer block * Left hand pushing block * Right round house to head * Right side kick to back of knee * Left punch to back of head | <div style="background-color: red; color: white; padding: 5px; text-align: center;">3rd Red</div> <div style="background-color: darkred; color: white; padding: 5px; text-align: center;">2nd Red</div> |
| <p>7 Step Do 3 times each side</p> | <ul style="list-style-type: none"> * Step forward right foot to fighting stance * Left arm upper block * Right arm middle punch * Right arm circle to block knife hand * Right arm middle punch * Step forward left foot to fighting stance * Right arm upper block * Left arm middle punch * Left arm circle to block knife hand * Left arm middle punch * Left arm outer forearm block * Right arm middle punch * Right arm outer forearm block * Left arm middle punch * Left arm outer forearm block * Right arm middle punch | <ul style="list-style-type: none"> * Step back left foot to fighting stance * Right knife hand to head * Left hand pushing block * Right hand open palm checking block * Step back right foot to fighting stance * Left knife hand to head * Right hand pushing block * Left hand open palm checking block * Right knife hand to throat * Right open hand (cup) down block * Left knife hand to throat * Left open hand (cup) down block * Right knife hand to throat * Right open hand (cup) down block | |