



## **Required Gup Step-Sparring**

**Person X = Attacker**

**Person Y = Defender**

**Students must be able to perform all prior required step sparring up to their rank**

### **3 Three Steps - 10<sup>th</sup> GRADE to 7<sup>th</sup> GRADE - (White Belt to Yellow Belt)**

- 1) **X:** moving foot forward, measure walking stance distance from opponent, then step back into walking stance, low block. Kiap!  
**Y:** parallel ready stance. Kiap when ready.  
**X:** step outside **Y**'s foot with walking stance, obverse punch. 3 times.  
**Y:** step back into walking stance, obverse middle block outside forearm. 3 times counter with reverse punch. Kiap!
- 2) **X:** moving foot forward, measure walking stance distance from opponent, then step back into walking stance, low block. Kiap!  
**Y:** parallel ready stance. Kiap when ready.  
**X:** step outside **Y**'s foot with walking stance, obverse punch. 3 times.  
**Y:** step back into L-stance, reverse middle block, inside forearm. 3 times then counter with side front snap kick. (front leg)
- 3) **X:** after measuring proper distance with a snap kick, go back into walking stance, double low block. Kiap!  
**Y:** parallel ready stance. Kiap when ready.  
**X:** stepping forward, execute three back leg snap kicks stepping into walking stances with double low blocks between each move.  
**Y:** step three times into a walking stance, obverse low block forearm, counter with a front leg snap kick to **X**'s solar plexus. Kiap!

Plus 1<sup>st</sup> One Step Punch – See Below

### **1<sup>st</sup> One Step Punch - 7<sup>th</sup> GRADE TO 6<sup>th</sup> GRADE - (Green Stripe to Green Belt)**

- 1) **X:** parallel ready stance, signal which hand you will use by raising it to chin then back to belt while giving a Kiap!  
**Y:** parallel ready stance. Kiap when ready!  
**X:** step out into walking stance, obverse punch.  
**Y:** shift out into a sitting stance evading punch, blocking **X**'s punch with an open palm pushing block to **X**'s elbow while striking the face with the forefist. Counter with same punching hand with a punch to solar plexus, bringing opposite fist to hip. Kiap!

***Additional Green Stripe to Green Belt Requirement: Ground Pattern***

## **All 4 One Step Punches - 6<sup>th</sup> GRADE TO 5<sup>th</sup> GRADE - (Green Belt to Blue Stripe)**

- 2) **X:** parallel ready stance, signal which band you will use by raising it to chin then return back to belt while giving a Kiap!  
**Y:** parallel ready stance. Kiap when ready!  
**X:** step out into a walking stance, obverse punch.  
**Y:** step into a sitting stance with front foot between **X**'s feet, executing an inward block outer forearm to block the punch. Then execute a side elbow strike using knee spring action not moving position of feet. Then bring front foot to rear foot and execute a downward strike backfist to **X**'s nose. Kiap!!
- 3) **X:** parallel ready stance, signal which hand you will be attacking with by raising it to chin then returning it to waist. Kiap while motioning!  
**Y:** parallel ready stance. Kiap when ready!  
**X:** step into a walking stance, executing an obverse punch.  
**Y:** shift out into a sitting stance evading punch, blocking **X**'s punch with an open palm pushing block to **X**'s elbow, punch to face with other fist, twist wrist with left hand to open neck while stepping in with sitting stance knifehand strike to neck followed by side elbow thrust to ribs pulling on grabbed wrist. Kiap!
- 4) **X:** parallel ready stance. Signal attacking hand by raising it to chin then returning it to jumbi position. Kiap while signaling.  
**Y:** parallel ready stance. Kiap when ready!  
**X:** step in to a walking stance executing an obverse middle punch.  
**Y:** slide out in to a sitting stance to **X**'s closed side while executing a pushing block with furthest hand, followed by a one, two middle punch to floating ribs, then high punch to **X**'s face. Kiap!

## **2 Two Steps - 5th GRADE TO 4th GRADE - (Blue Stripe to Blue Belt)**

- 1) **X:** L-stance, middle guarding forearm block. Kiap!  
**Y:** parallel ready stance. Kiap when ready!  
**X:** step in place high section front leg turn kick, step down into a walking stance, then step into another walking stance, executing a middle obverse punch.  
**Y:** step back into a walking stance, high section outer forearm block, then step back again into a walking stance middle section outer forearm block, counter while in that stance with a middle reverse punch. Kiap!
- 2) **X:** L-stance, middle guarding forearm block. Kiap!  
**Y:** parallel ready stance. Kiap when ready!  
**X:** step in place front leg side piercing kick to mid section. Step down into a walking stance then step through into another walking stance grabbing for **x**'s neck for a choke with both hands.  
**Y:** step back into a walking stance executing a downward block, sidfist. Then step back into another walking stance executing a high wedging block, grab **X**'s shoulders pulling them down while bringing knee into **X**'s stomach. Kiap!!

## **4 One Step Kicks - 4<sup>th</sup> GRADE TO 3<sup>rd</sup> GRADE - (Blue Belt to Red Stripe)**

- 1) **X:** parallel ready stance. Signal attacking foot by raising same side fist to chin then return it to jumbi position. Kiap while signaling.  
**Y:** parallel ready stance. Kiap when ready!  
**X:** execute middle front snap kick to **Y**  
**Y:** execute a hooking kick, step out wide enough so that the distance is appropriate for a turn kick with other leg to **X**'s solar plexus. Kiap!
- 2) **X:** parallel ready stance. Signal attacking foot by raising same side fist to chin then return it to jumbi position. Kiap while signaling.  
**Y:** parallel ready stance. Kiap when ready!  
**X:** execute middle front snap kick to **Y**  
**Y:** execute a consecutive kick using a crescent kick, then a middle side piercing kick without stepping down. Kiap!
- 3) **X:** parallel ready stance. Signal attacking foot by raising same side fist to chin then return it to jumbi position. Kiap while signaling.  
**Y:** parallel ready stance. Kiap when ready!  
**X:** execute middle front snap kick to **Y**  
**Y:** execute a crescent kick, step down for correct distance to execute a back side piercing (**180°**) kick. Kiap!
- 4) **X:** parallel ready stance. Signal attacking foot by raising same side fist to chin then return it to jumbi position. Kiap while signaling.  
**Y:** parallel ready stance. Kiap when ready!  
**X:** execute middle front snap kick to **Y**  
**Y:** execute a crescent kick to closed side, step down for correct distance to execute a 180 degree reverse turn kick to **X**'s temple. Kiap!

## **First 3 Throws - 3<sup>rd</sup> GRADE TO 2<sup>nd</sup> GRADE - (Red Stripe to Red Belt)**

- 1) **X:** parallel ready stance. Signal attacking hand by raising it to chin then return it to jumbi position. Kiap while signaling.  
**Y:** parallel ready stance. Kiap when ready!  
**X:** step in to a walking stance executing an obverse middle punch.  
**Y:** step over **X**'s front leg into a sitting stance (close to **X**'s hip) executing an inward block with the outer forearm. Turn head and execute a back elbow thrust with other arm followed by a side strike with backfist. Turn torso back other way, grab **X**'s shoulders, throwing them to the ground using a hip roll. Keep hold of **X**'s punching hand trapping it under armpit while going in to a sitting stance locking arm. Finish them off with a punch to face. Kiap!
- 2) **X:** parallel ready stance. Signal attacking hand by raising it to chin then returning it to jumbi position. Kiap while signaling.  
**Y:** parallel ready stance. Kiap when ready!  
**X:** step in to a walking stance executing an obverse middle punch.  
**Y:** slide out in to a sitting stance so your feet are parallel to **X**'s feet, executing a block to **X**'s punch using pushing block palm simultaneously punching **X**'s face. Then grab **X**'s other hand with both hands circling them over your head while you step through executing a strike to **X**'s shin with your back heel, sweeping out leg. Then executing a straight elbow to spine and finishing with a knifehand to neck. Kiap!

- 3) **X:** parallel ready stance. Signal attacking hand by raising it to chin then returning it to jumbi position. Kiap while signaling.  
**Y:** parallel ready stance. Kiap when ready!  
**X:** step in to a walking stance executing an obverse middle punch.  
**Y:** slide out in to a sitting stance to **X**'s closed side using a pushing block with the furthest hand, executing a one, two punch to ribs. Then using same hand as original block, grab **X**'s wrist, opening up face for a front strike with reverse knifehand. Then grab shoulder and sweep closest leg with closest leg trapping attacking hand under armpit while going in to a sitting stance locking arm. Finish them off with a punch to face. Kiap!

### **All 6 Throws - 2<sup>nd</sup> GRADE TO 1<sup>st</sup> GRADE - (Red Belt to Black Stripe)**

- 4) **X:** parallel ready stance. Signal attacking hand by raising it to chin then return it to jumbi position. Kiap while signaling.  
**Y:** parallel ready stance. Kiap when ready!  
**X:** step in to a walking stance executing an obverse middle punch.  
**Y:** shift out to closed side of attacker executing a crescent block arc hand with closest hand, delivering a turn kick to **x**'s solar plexus. Step down about 12" from attacker, then sweep **X**'s Achilles with reverse foot sword of other foot while trapping attacking hand under armpit while going in to a sitting stance locking arm. Finish them off with a punch to face. Kiap!
- 5) **X:** parallel ready stance. Signal attacking hand by raising it to chin then return it to jumbi position. Kiap while signaling.  
**Y:** parallel ready stance. Kiap when ready!  
**X:** step in to a walking stance executing an obverse middle punch.  
**Y:** shift out to **X**'s closed side executing a crescent block arc hand with closest hand, with a turn kick to solar plexus followed by a pressing kick to knee without stepping down. Finish them off with a punch to face. Kiap!
- 6) **X:** parallel ready stance. Signal attacking hand by raising it to chin then return it to jumbi position. Kiap while signaling.  
**Y:** parallel ready stance. Kiap when ready!  
**X:** step in to a walking stance executing an obverse middle punch.  
**Y:** slide out in to a sitting stance to **X**'s closed side using a pushing block to **X**'s attacking wrist, grabbing it, then executing a punch to **X**'s face with other hand. Grabbing shoulder with the punching hand, pull body while driving knee up into the stomach, then sweep with same leg to **X**'s closest leg trapping attacking hand while going in to a sitting stance locking arm. Finish them off with a punch to face. Kiap!

### **1<sup>st</sup> GRADE to 1 DAN – (Black Stripe to Black Belt)**

Student must be able to perform all above step sparring items with power, speed and accuracy.

#### **NOTE:**

- **During all one step throws, Y should not let X's body rest on floor before finishing punch so that X cannot fight back.**
- **Always Kiap on last move and X should never move until the Kiap is heard.**
- **Right side and left side should be practiced repeatedly to make moves second nature.**
- **Execute all techniques with realism. Step sparring helps with balance, timing, coordination and better knowledge of purpose of the techniques.**