

# One Steps and Sparring Combos- January 2021 E-tournament

White, Yellow, Orange- same as curriculum

## Green-Red Belts

- 1) Double side kick, spin side kick, #2 jump round kick
- 2) #1 Hook kick/round kick, jab, cross, hook punch, spin heel kick
- 3) Front/round kick, jab, cross, #2 hook kick, #3 skip side kick

## 1st Degree Black

- 1) Double side kick, jump spin side kick, #2 round kick (no jump), jump spin heel 태권도
- 2) #1 hook/round, jab, cross, hook punch, spin hook/side kick, #2 jump front kick
- 3) Front/round, jab, cross, #2 hook kick, #3 jump round kick

## 2nd Degrees and higher

All 3 sparring combos are freestyle

\*\* Rules for freestyle combos\*\*

No less than 4 moves, no more than 8.

Approval by school owner. Judging on flow, quality, practicality, and execution.

