

TSTUK 1 step sparring 2023

All measures to be done by stepping forward in a walking stance and extending punching arm making sure it reaches opponents body.

All attacks walking stance middle punch, performed right and then left.

Defences as follows, explained for right hand attacks, reverse for left hand.

1. Stepping back in walking stance on right leg and blocking with outer forearm block. Counter attack with reverse punch aiming for the jaw, or reverse palm heel strike aiming for the nose.
2. Stepping back on the left leg into L-Stance performing inward inner forearm block. Counter attacking by either sliding in still in an L-Stance, back fist strike to the nose, or pivoting around Anti Clockwise into L-Stance backward elbow strike.
3. Stepping back in L-Stance on Left leg blocking on the outside of opponents arm with knife hand guarding block. Counter attacking with front leg side kick and then back out into guarding block at safe distance.
4. Move left foot to right forward on a 45 degree angle into sitting stance using palm pushing block on the outside of attackers arm. Counter attack with either reverse punch to mid-section, or turning kick to mid-section.

Fitness test:

Suggest TSTUK test 1

- 10 sit up's
- 10 Push up's
- 10 burpees
- 10 Squats
- 30 second plank

Suggest TSTUK test 2

- 50 sit ups in 2 mins
- 1 min rest
- 30 Push up's in 2 mins
- 1 min rest
- 2KM run in under 16 mins 60 laps of dojang marked off at 5x9 mats square