

**Cycle #4. #7 and #8**  
**One Steps, Sparring Combos, Self-Defense**

**One Step #7:**

**Beginner:**

1. Block
2. Step/Pin
3. Palm Heel

**Intermediate:**

4. Grab/Elbow
5. Grab/Sweep
6. Punch

**Advanced:**

7. Step Over
8. Pull
9. Arm Bar

**One Step #8:**

**Beginner:**

1. Block
2. Step/Pin
3. Ridge Hand

**Intermediate:**

4. Sweep
5. Punch

**Advanced:**

7. Mount
8. Pin Wrist
9. Under/Over
10. Paint the Floor

**Sparring Combo #7:**

**Beginner:**

1. Shuffle Punch
2. Lead Inside Kick
3. Rev Punch

**Intermediate:**

4. Side Kick
5. Step Spin Inside Kick
6. Rev Punch

**Advanced:**

5. Jump Retreating  
Spin Inside Kick
6. Rev Punch

**Sparring Combo #8:**

**Beginner:**

1. Lead Round Kick
2. Rev Punch
3. Front Kick

**Intermediate:**

4. Outside Kick
5. Back Kick
6. Reverse Punch

**Advanced:**

7. Jump or Spin Inside Kick
8. Rev Punch

**Self-Def #7:**

**Beginner:**

1. Side Step/Front Kick
2. Mirror
3. Step/Pin
4. Palm Heel

**Intermediate:**

4. Grab/Left Elbow
5. Grab/Sweep
6. Punch

**Advanced:**

7. Step Over
8. Pull
9. Arm Bar

**Self-Defense #8:**

**Beginner:**

1. Grab/Pull
2. Chin
3. Step/Step
4. Sweep
5. Punch

**Intermediate:**

6. Feed
7. Grab
8. Mount
9. Elbow

**Advance:**

10. Sink Hooks
11. Seat Belt
12. Pull
13. Roll

