



LEE MARTIAL ARTS

1-25 ONE STEP SPARRING



1. Slide left 45 degree and left outer block, left punch right punch.
2. Slide right 45 degree and left outer block, left punch right punch.
3. Slide left 45 degree and left outer block, right punch left punch.
4. Slide right 45 degree and left outer block, right punch left punch.
5. Right inside middle block, reverse left elbow.
6. Right inside middle block, right knife hand
7. Right inside middle block, reverse left knife hand.
8. Back stance left foot forward, left step side kick.
9. Slide left 45 degree and left outer block, left punch right punch right round kick.
10. Back stance right foot forward, right step side kick.
11. Slide left 45 degree left punch and right high block.
12. Slide right 45 degree right punch and left high block.
13. Slide right 45 degree right knife hand and left high block
14. Slide right 45 degree right palm strike and left high block.
15. Slide left 45 degree and left outer block, left punch right punch right axe kick.
16. Back stance left foot forward, full right snap kick.
17. Back stance left foot forward, low right round high right round kick. (One kick)
18. Back stance left foot forward, low right round kick, right hook kick.
19. Slide left 45 degree and left outer block, left punch right punch. Right low round kick, right hook kick. (One kick)
20. Back stance left foot forward, left step side kick, right turn back kick.
21. Back stance left foot forward, right turn snap kick, switch feet left turn snap kick.
22. Slide left 45 degree and left outer block, left punch right punch, double hand grab right foot leg sweep throw down to the left then left punch right punch.
23. Back stance left foot forward, right leg hook crescent, right butterfly kick, left turn back kick.
24. Back stance right foot forward, left crescent turn around right axe kick, hopping front right round, left turn back kick.
25. Left high block right knife hand, left high punch, right middle punch, left low punch, double hand grab right foot leg sweep throw down to left then left punch right punch.