

Master One-Step List

I Will Always Listen To My Teachers: One Step

1. **Idiot / Middle Punch:** Pivot on Left foot to the side / Grasping block with right hand / Sidekick to attackers knee / Sidekick to ribs / Hammer fist to back of neck / Step behind attacker / Double knife hand strike to collar / Double hammer fist to ears
2. **Wasp – Hammer Fist Strike to Head:** Rising block and grab hand – same side as attack / Palm heel to face with other arm / Push arm up and back, keeping it in line with attacker's body / continue pushing arm back while other hand strikes back of knee and lifts leg up / Push attacker to the ground if they have not already fallen / move in and kneel on one knee and punch to face.
3. **Ideal - Across Knife Hand Strike :** Step to the side and Grasping Block / Step behind attacker and pull attacker's held arm across your chest with outer elbow against your body and apply pressure to elbow joint / Palm heel strike to face with free hand / Continue the movement and extend your arm beyond attacker's face / Wrap your arm around attacker's neck and place into head lock.
4. **Liberate – Spear Hand Strike to Face :** Evade by stepping to the side / Twin forearm block / Grab and apply 2 Thumbs Wrist Lock / Force them to bend over and Snap kick to face / Break elbow / Pull head back and knife hand to nose.
5. **Larynx - Ridge Hand to Back of Head from Side:** Turn with Outer forearm Block and Grab / Eagle Claw to adam's apple / Knee to groin / Side re-enforced elbow to ear.
6. **Adieu - Front Snap Kick:** Low Open X Hand Block / grab foot / Pull toward you / Drop Leg and Back Fist with right hand to face / Re-enforced Elbow Strike to Solar Plex / Knee Strike to attacker's face.
7. **Laid Low - Leopard Strike to Solar Plax:** Step off center line and Palm block / Grab hand and place on hip with palm out / Turn back to back / Elbow strike to back of head / Ridge hand strike to throat / Takedown / Kneel and Leopard strike to face.
8. **Waist / Double Hammer fist to Head:** Separating Block / Grab inside of elbows / Knee Kick to groin / Head butt to face, right hand grasp shift to outside of elbow / Right foot steps across attacker's feet and place your bottom against their hip / Continue the wheel turning motion and complete the Bent Arm Takedown / Side kick to face.

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9. **Always Elbows – Palm Heel Strike to Face:** Forward Stance and high palm block / Front elbow strike to face / Grab neck and step back spinning attacker / Knee strike to face / Elbow strike to back of neck.
10. **Yappy – Spear Hand Strike to Face:** Step to the outside of the attacker and Grasping Block with left hand / Right Hand Arc hand strike to the throat and grab, step with left foot putting your body perpendicular to your attacker / Left hand strikes attacker in the middle of the spine with a fist or middle knuckle and at the same time push the attacker's throat (for safety in practice move your hand to their chest) back toward the ground / Side snap kick to their head.
11. **Saber – Middle Punch:** Step out with right leg slightly to the side into an X-Stance / Palm block with left hand and grab attacker's wrist / Upper cut to attacker's chin with right hand / Step out with left foot to face the side of your attacker / Pull back on attacker's arm and kick out attacker's right leg at the calf muscle with your left leg / Kneel and punch to attacker's head.
12. **Lasso – Hammer Fist to Head:** Rising Block with same arm as attack and grab / UpSet Punch X2 / Other arm come up under their bicep and wrap around their arm, grabbing their forearm / Pull arm to the side while applying pressure upward with your other elbow / If you continue the pressure the elbow will break or hyper extend the should joint.
13. **Inert – Knife Hand Strike to temple: 5 Swords** Double Knife hand block above and below the elbow / Right hand Across Knife strike to attacker's neck / High spear hand strike to eyes with left hand / Middle punch to attacker's stomach with right hand / **Attacker punches** with left hand / Side block with right hand / Knife hand strike to left side of neck / Push attacker's head down with left hand and knife hand strike to back of neck with right hand.
14. **Salvo – Spear Hand Strike to Stomach:** Step back, Grasping Block with left hand / Upset punch / Upward knife hand strike to inside of elbow / Bend around behind attacker's back and place in arm lock / Kick out knee / Knife hand strike to collar bone / Pull on shoulders backwards onto mat / Spear hand to face.
15. **Tango – Ridge Hand Strike to head from Behind:** Pivot to face attacker / Outer Forearm block with Left Hand and upset punch with other hand / Wrap left arm about attacker's waist and pull hips toward you / Other hand open claw attack into eyes and Push Head Backwards by chin / Release both hands and double palm strike to attacker's sternum.
16. **Evict – Front Snap Kick to Groin:** Step into attacker and low open X-Hand Block / grab leg and step back while pulling Attacker forward / Twist foot to make attacker turn their body, placing their back to you / Drive them forward and lift upward on their leg,

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forcing them to fall / Step over their body and sit on their back while bending their leg backward and twist their foot until submission.

17. **Negate – Leopard Stike to Face:** Step off center line and Palm Block with left hand and grab / 2 Upset Punches to stomach / Throw over hip / Hammer Fist to face.
18. **Tame – Double Knife Hand Strike:** Separating Block / Double Back Fist to Chest / Upper Cut to Chin / Spinning Back Kick to Stomach.
19. **Ox Jaw – Palm Heel Strike to Face:** Front Stance / Grasping Block with left hand / High Spear Hand Strike to Throat / Back Fist to face / Front Elbow Strike to Solar Plexus / Sweep Leg / Ox Jaw to Face.
20. **Master – Middle Spear Hand Strike:** Grasping Block with Right Hand / Ridge Hand Strike with left hand to neck / Follow through and Cross Knife Hand Strike to face / Drunken Master Arm Lock – Ends in submission.
21. **Yowl – Middle Punch:** Step off center line and grasping block with right hand Roundhouse punch / Back Fist to Face / Twist so attacker's elbow is pointed up / Left hand press down on elbow and take attacker to the ground / Place left foot on attacker's elbow and pull up on hand until submission.
22. **Touché – Hammer Fist to Head:** Rising Block with Left Arm / Grab Hand / Upset Punch / Upper Cut / Swing arm down and up and step under to be behind Attacker / 2 Thumbs wrist lock from Behind and take Attacker to the ground.
23. **Erupt – Knife Hand Strike:** Dragon Holds the Pearl / snake block closing your opponent off / move your hand down to their hand / wrap your hand around their hand and apply pressure to their hand bringing their fingers toward their inside wrist / bring your other hand up, placing your palm onto their elbow, which should be up even with their shoulder / apply pressure downward with your hand on their elbow as you apply pressure to their other hand upward / Step back with right foot / Push down with palm on elbow to break elbow / double Palm heel to face.
24. **Abject – Middle Spear Hand Strike:** Step into front Stance / Left Hand Palm Block and grab hand / Left elbow strike to face / Take your right hand and bring their hand up and grasp the index finger and middle finger / apply backward pressure and place into 2 Finger Lock / Bring your other hand up and grab the pinky and ring fingers / apply backward

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pressure and outward pressure at the same time / Tense and kiai as you pull your hands in opposite directions causing your attacker's hand muscles to split.

25. **Cancelled – Ridge Hand Strike:** Twin Forearm Block / Left Hand grab attacker's hand / Right Hand Hammer Fist to side of face / Turn with back to Attacker and break arm over right shoulder / Turn back to face attacker / Upset punch to stomach / Knee to Face / Dropping Elbow to Neck.
26. **Heap – Front Snap Kick:** Stop Back Foot Kick / Turning Sidekick / Turning Back Kick / Tornado Roundhouse Kick.
27. **Exile – Leopard Stike:** Step Back and Palm Block / Attacker executes **Side Kick** with Right Leg / Circular Block with Left arm while protecting face with Right hand, catch kick and step to the side, Switching hands, placing your hips directly behind attacker's hips / Raise leg up into the air to unbalance opponent / Hammer Fist strike to thigh muscle / Side Hammer Fist strike to throat / Grab Gi lapel and lift both leg and lapel into the air and drop onto ground retaining holds / Hold leg 90 degree into air and push fist into attacker's throat until submission.
28. **Rabbit – Double Knife Hand Strike From Behind:** Two Outer Forearm Blocks vertical going into low Riding Stance / Right Arm Low Hammer Fist Strike to Groin / Right Arm Backward Elbow Strike to Face / Wrap Right Arm upward around attacker's throat / Bend at the hips, taking attacker's weight onto your hips / Execute Head Throw.
29. **Scar – Palm Heel Strike:** Grasping Block Right Hand / See paper for throw or arm lock
30. **Obtuse – Wild Card – Side Kick:** Full Side Block / Grab leg in right arm and lift high / Step Behind Attacker and enter into Riding Stance / Knife Hand Strike to Thigh / Knife Hand Strike to Throat and follow thru with Over the Leg take Down.
31. **Nailed – Middle Punch:** Step into Forward Stance / Middle Palm Block and grab hand with Right Hand / Twist Attacker's Hand, pointing Attacker's Elbow down / Upset Punch with Left Hand to Kidney / Left Arm snakes up under Attacker's arm and grabs the back of neck / Finally Press down with Right Hand while Lifting your Left Elbow and Pressing down on their neck / Apply pressure until Submission.
32. **Eject – Hammer Fist to Head with Right Hand From Behind:** Step back into attacker / Double Forearm Block / 2 Elbow strikes to kidney / Over the hip throw / Knife hand strike to face.

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33. **Scab – Knife Hand Strike to Neck:** Knife Hand Block with Left Hand, push attacker's Hand Down / Spear Hand Strike to Eyes with Right Hand / Arc Hand Strike to Throat with Left Hand and Grab / Step behind Attacker and snake Left Arm into Head Lock / Bend Forward, Dragging Attacker onto you Back / Right Hand grab Attacker's Leg (Knee?) and Left for Submission or Break Attacker's Back.
34. **Takedown – Spear Hand Strike:** Left hand Palm Block and grab / Left Leg Roundhouse kick to their kidney / Right Leg Snap kick to their groin / Left hand grab the Pinky and Ring Fingers and apply Chin na Downward finger Lock, taking the attacker to the ground / Apply pressure until submission.
35. **Equal – Ridge Hand Strike:** Step Back and Evade / Attacker **Side Kick** with Right Leg / Full Side Block and grab Foot / Twist Foot by applying pressure to the instep and heel of foot, twisting it 220 degrees / Attacker will innate a twist side fall to save the ankle and knee joint and you will let go of the foot also saving the knee joint / Move in and Side Kick to Attacker's Face. The higher you hold the foot the more difficult the fall and the more damage will occur.