

# ***PART SIX***

## *One– Step Sparring*

## One-Step Sparring ( 일보겨루기 : Ilbo Gyuroogi)

Tong-Il Moo-Do one-step sparring is a unified system consisting of hard and soft defensive techniques. It is composed of prearranged attacking and defending movements, and is a stepping-stone to free-fighting.

Following a formal opening (a bow and ready stance), the attacker steps back into a right back stance, brings his hands up into a fighting position, and shouts "Choong." The defender signals his readiness to block and counterattack by shouting "Hyo."

With that signal, the attacker begins his attacking movements. (In a punching attack, extension should be maintained until the defender has completed all blocking and countering movements. This is indicated by a shout accompanying the final technique)

### Loyalty (CHOONG) 충 / Filial Piety (HYO) 효

The development of ethical value is a primary purpose of Tong-Il Moo-Do training. Virtue is the expression of harmony within the family ethical structure.

- Loyalty is the virtue which describes the heartfelt unity of a subordinate to his elders, his teachers, or his rulers. The original character for loyalty is composed of two elements. The first means "center," and the second means "heart." Thus, loyalty means that one's heart is centered on one's subject.
- Filial Piety is the virtue which describes the heartfelt unity of a child with his parents. The original character for filial piety is also composed of two elements. The upper one signifies "old," and the lower one signifies "child." It is intended to remind us that the basis of love and social order is proper vertical relationships.

Both these virtues express and support harmony of juniors with their elders in society. They are refined expressions of reverential love in a "vertical" direction. In Tong-Il Moo-Do, we declare these words during one-step sparring, and whenever we bow. They serve as affirmations of vertical harmony, loyalty, and virtue.

## I. So Saeng (Formation)

- 1) step to right-front: sitting stance  
**LEFT KNIFEHAND BLOCK &**  
sumultaneously  
**RIGHT PUNCH** to face

**LEFT REVERSE PUNCH** to stomach  
**RIGHT PUNCH** to face

- 2) step to left-front; sitting stance  
**LEFT PALM PUSHING BLOCK**  
**RIGHT PUNCH** to kidney

**LEFT PUNCH** to kidney  
**RIGHT PUNCH** to face  
**RIGHT BACKFIST STRIKE** to temple  
**MAJOR OUTER REAPING**

- 3) step forward with right foot:  
right front stance  
**LEFT KNIFEHAND BLOCK &**  
simultaneously  
**RIGHT KNIFEHAND STRIKE** to neck

pull opponent's right sleeve and  
**RIGHT KNIFEHAND STRIKE**  
(palm down) to neck  
**SHOULDER THROW**

- 4) step forward with left foot:  
right back stance  
**LEFT INNER FOREARM BLOCK**  
**RIGHT PUNCH** to face or solar plexis

pull opponent's right sleeve (downward) &  
step to outer side of opponent's foot  
**RIGHT PALM HEEL STRIKE** to face  
**MAJOR OUTER REAPING**

- 5) step forward with right foot: sitting stance  
**RIGHT OUTER FOREARM BLOCK**  
**RIGHT ELBOW STRIKE**

**RIGHT BACKFIST STRIKE** to face  
pull opponent's right sleeve  
**MAJOR INNER REAPING**

- 6) **RIGHT SIDE KICK**

**LEFT REVERSE SIDE KICK**

- 7) step to left-front  
**RIGHT TURNING KICK** to solar plexus  
and face

**RIGHT BACKFIST STRIKE** to temple  
**MAJOR OUTER REAPING**

- 8) **RIGHT FRONT KICK** to solar plexus  
**RIGHT PUNCH** to face

hold opponent's right sleeve  
and left collar  
**MINOR INNER REAPING**

- 9) **LEFT CRESCENT KICKING BLOCK**  
**LEFT SIDE KICK**

**RIGHT REVERSE TURNING KICK**



## II. Jang Sung (Growth)

### Front Kick

- 1) step back with left foot: left back stance  
**RIGHT HAND HOOKING BLOCK** (palm up)  
**RIGHT TURNING KICK** to head

**RIGHT BACKFIST STRIKE** to face  
grab opponent's sleeve (left hand)  
and lapel (right hand)  
**MINOR INNER REAPING**

- 2) step back with left foot: left back stance  
**RIGHT HAND HOOKING BLOCK** (palm up)  
**RIGHT INSTEP KICK** to groin

**LEFT PUNCH** to solar plexus  
**RIGHT PUNCH** to face  
grab opponent's sleeve (left hand)  
and lapel (right hand)  
**PULLING THROW**  
**WITH SUPPORTING FOOT**

- 3) step to left-front with left foot  
**RIGHT OUTER FOREARM LOW BLOCK**  
**LEFT PUNCH** to kidney

**RIGHT PUNCH** to face  
**RIGHT BACKFIST STRIKE** to temple  
**MAJOR OUTER REAPING**



### Turning Kick

- 1) step forward with right foot  
with **OUTER FOREARM BLOCK**  
against kick  
hold leg and grab opponent's lapel  
**MAJOR INNER REAPING**

- 2) step back with left foot: left back stance  
**BLOCK KICK** with  
both **OUTER FOREARMS**  
**RIGHT TURNING KICK** to head

**RIGHT BACKFIST STRIKE** to temple grab  
opponent's sleeve (left hand)  
and lapel (right hand)  
**MINOR OUTER REAPING**

- 3) step back with left foot  
pivoting on right foot  
**RIGHT INWARD OUTER FOREARM**  
**BLOCK LEFT REVERSE SIDE KICK**

bring foot down  
on outer side of opponent's foot  
**RIGHT REVERSE KNIFEHAND** to neck  
grab opponent's sleeve (left hand)  
and lapel (right hand)  
**MAJOR OUTER REAPING**



## Side Kick

- 1) step back with left foot: left back stance  
**RIGHT PALM BLOCK**  
**RIGHT BACKFIST STRIKE** to face

### MAJOR OUTER REAPING

- 2) step back with left foot: left back stance  
**RIGHT KNIFEHAND BLOCK**  
**LEFT REVERSE HOOK KICK**

### LEFT HIP THROW

- 3) step back with right foot: right back stance  
**LEFT INWARD OUTER FOREARM BLOCK**  
**RIGHT TURNING KICK** to face

**RIGHT BACKFIST STRIKE** to temple  
grab opponent's sleeve (left hand)  
and lapel (right hand)  
swing left foot back and around in front of  
opponent's left foot **BODY DROP THROW**



### III. Wan Sung (Perfection)

#### Punching

- 1) **JUMPING RIGHT DOUBLE PUNCHES**  
from  
PARALLEL READY STANCE  
MAJOR OUTER REAPING
- 2) step to your right-front with your left foot  
**RIGHT REVERSE SIDE KICK**  
**RIGHT JUMPING FRONT SNAP KICK**  
**DOUBLE MIDDLE PUNCH** (left-right)  
**SHOULDER THROW**
- 3) step to your left-front with your left foot  
**RIGHT JUMPING SIDE KICK**  
**LEFT REVERSE JUMPING HOOK KICK**  
**MAJOR OUTER REAPING**
- 4) **LEFT OUTER CRESCENT KICKING BLOCK**  
**RIGHT JUMPING TURNING KICK**  
from the PARALLEL READY STANCE  
**RIGHT BACKFIST STRIKE**  
**LEFT MIDDLE PUNCH**  
**RIGHT INNER EDGE STRIKE**  
**RIGHT BODY DROP**
- 5) step back with your left foot and form  
RIGHT REAR STANCE  
bring both your hands up into a fighting posture  
  
**RIGHT DOUBLE TURNING KICK**  
**RIGHT REVERSE JUMPING CRESCENT KICK**  
**INNER THIGH REAPING THROW**
- 6) **LEFT INNER CRESCENT KICKING BLOCK**  
**RIGHT REVERSE JUMPING HOOK KICK**  
**RIGHT REVERSE JUMPING SIDE KICK**

#### Front Snap Kick

- 7) step back with your right foot into a  
LEFT BACK STANCE  
**LEFT LOW OUTER FOREARM BLOCK**  
**RIGHT TURNING KICK** to stomach  
**RIGHT JUMPING CRESCENT KICK**  
**FLOATING DROP (UKI-OTOSHI)**

#### Turning Kick

- 8) take a left half-step forward  
LEFT KNIFEHAND RISING BLOCK  
lower your upper body, and from your kneeling position sweep left ankle with your right leg  
(RIGHT SICKLE SWEEP)

#### Side Kick

- 9) step back with your left foot bring your right foot back and form a  
RIGHT REAR STANCE,  
simultaneously RIGHT INNER  
**FOREARM BLOCK**  
**RIGHT SIDE KICK**  
**RIGHT JUMPING HOOK KICK**  
**SIDE-BODY-DROP THROW**