

Northgate & Associated Karate Clubs (Draft One-Steps Jan 2022)

<b>Grade</b>		<b>Original One-Steps</b>	<b>Revised One-Steps</b>
<b>10<sup>th</sup> Kyu</b>		Ridge Hand & Back fist	<p><b>Reverse punch (Chudan)</b></p> <p>1) <b>Downward Block</b> – Both feet move back (push off lead leg), lead arm downward block, counter reverse punch (chudan or jodan, depending on available target).</p> <p><b>Reverse punch (Jodan)</b></p> <p>1) <b>Inward forearm Block</b> – Both feet move back (push off lead leg), lead arm inward forearm block, counter reverse punch (chudan or jodan, depending on available target).</p>
<b>9<sup>th</sup> Kyu</b>		Reverse Punch	<p><b>Reverse punch (Chudan)</b></p> <p>1) <b>Downward Block</b> - Both feet move back (push off lead leg), lead arm downward block, counter lead arm snap punch (jodan).</p> <p><b>Reverse punch (Jodan)</b></p> <p><b>Inward forearm Block</b> – Both feet move back (push off lead leg), lead arm inward forearm block, counter snap punch, reverse punch (combination punches jodan).</p>
<b>8<sup>th</sup> Kyu</b>		Snap Punch & Front Kick	<p><b>Snap punch (Jodan)</b></p> <p>1) <b>Reaction reverse punch</b> – Hold your ground, front foot only when punching, head slips snap punch as reverse punch counter lands chudan.</p> <p>2) <b>Rear hand inward forearm block</b> – Both feet move back (push off lead leg), rear arm blocks jodan across the body, counter jodan snap punch.</p>

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<b>7<sup>th</sup> Kyu</b>		Lunch Punch	<p><b>Sekiakatuski (Over the top reverse punch Jodan)</b></p> <p>1) <b>Rear arm outer forearm block</b> – Lead leg steps back and break the line, rear arm outer forearm block, counter reverse punch (chudan or jodan, depending on available target).</p> <p><b>Round kick (Chudan)</b></p> <p>1) <b>Sekiakatuski (Over the top reverse punch Jodan)</b> – React to the opponent’s movement, counter jodan, land counter before opponent’s kick lands (timing is crucial).</p>
<b>6<sup>th</sup> Kyu</b>		Step Side Kick	<p><b>Step Round kick (Jodan)</b></p> <p>1) <b>Rear arm outer forearm block</b> – Front foot steps out, rear arm outer forearm block, counter snap punch (jodan).</p> <p><b>Snap Punch (Jodan)</b></p> <p>1) <b>Slip to the negative (back) side</b> – Head slips the punch on the negative side, front hand reaches around opponents’ mid-section, back leg steps to the negative side (forward pivot), counter jodan reverse punch.</p>
<b>5 Kyu</b>		Back leg Heel kick & Round kick	<p><b>Reverse Punch (Chudan)</b></p> <p>1) <b>Defend and counter</b> – Student’s choice of defence and counter.</p> <p><b>Reverse Punch (Jodan)</b></p> <p>1) <b>Defend and counter</b> – Student’s choice of defence and counter.</p> <p><b>Snap Punch (Jodan)</b></p> <p>1) <b>Defend and counter</b> – Student’s choice of defence and counter.</p>
<b>4<sup>th</sup> Kyu</b>		Turn Back Kick & Turn Heel Kick	<p><b>Step Round Kick (Jodan)</b></p> <p>1) <b>Defend and counter</b> – Student’s choice of defence and counter.</p> <p><b>Back Leg Round Kick (Chudan)</b></p> <p>1) <b>Defend and counter</b> – Student’s choice of defence and counter.</p> <p><b>Step Heel Kick (Jodan)</b></p> <p>1) <b>Defend and counter</b> – Student’s choice of defence and counter.</p> <p><b>Back Leg Heel Kick (Jodan)</b></p> <p>1) <b>Defend and counter</b> – Student’s choice of defence and counter.</p>

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<b>3<sup>rd</sup> Kyu</b>	<b>2<sup>nd</sup> Kyu</b>	<b>1<sup>st</sup> Kyu</b>	Semi Free Kumite	Semi Free Kumite
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*One-Steps are predetermined drills to demonstrate a student's ability to attack, block/evade and counter attack. They provide foundational training for students to develop their kumite. One-steps are designed to develop a student's proficiency in sport karate in relation to the WKF rules of kumite/point fighting. One-steps are not directly relevant to any self-defence training or scenarios.*