

One Step Sparring – Getting it Right

One Step Sparring is one of the most important parts of your training as it allows you to freely demonstrate your self defence skills against an attacker. In the next breathe it can be one of the most difficult parts of your training if you take it for granted.

Basic One Step

When practicing your one step allow your self enough distance to fully extend your technique without touching your partner and maintaining full control of your entire body. After you have mastered this part get a little closer and hold your technique back slightly whilst still maintaining full body control and finish your defence technique with a slight bend in the arm or leg. By doing this you are teaching the body to keep full control of your techniques and then when needed fully extending the defence attack with maximum power.

You should make sure that when practicing one step that you are standing close enough to your partner to make the situation as realistic as possible. It does not benefit anyone if you are standing that far away that both you and the attacker are reaching in to make contact. You must be close enough that in the event your initial blocking / striking motion is too slow that your partner lands their attack directly onto the body.

It is important for everyone to remember their basic motions and at the Academy we have 6 basic techniques that you must remember. We find that one of the best and easiest ways to remember these basic movements is to practice by yourself in front of a mirror without a partner. By watching yourself in the mirror you can accurately measure the height of your blocks and strikes. This practice is no different to the way you practice poomsae by stringing together a group of movements. Practice the blocking and striking motions 4 times each, 2 – 3 times per week and you will never ever forget them.

When making up your own defence ensure that you demonstrate at least 2 movements after your initial blocking technique that would safely remove you from the danger you face.

Toe to Toe One Step

Toe to toe one step is the closest practice you will get to simulate a real life defence situation. Make sure you start slow ensuring that you understand fully the way the body moves for both attacking and defence. Watch your partner as they attack for any signs of direction or weakness and then attack the weakness with your superior speed and accurate strikes. You must remember that as a Taekwondo student you are improving your speed and accuracy every single training session. This makes a seasoned Taekwondo student one of the fastest martial artists in the world.

Do not doubt yourself in this situation and don't be to fancy with your defence. Make it simple and as realistic as possible so as to not get confused in the event that you have to use it in a real life situation. A take down or holding lock is often used in these situations to not in-flicked too much harm to your attacker as well as yourself.

