

Danny Lane's

World Martial Arts Centers

"Basic One Step Sparring Drills"

1. Step right 45 degree angle inside a circular attack to the left side of your head, left knife hand block, (graduating later to a windmill block), counter with a high/center/low punch. KIAI. Lunge back. Return to fighting stance.
2. Execute a spontaneous left high rising block to a straight line attack to the neck area, parry left in a counter clock wise direction and grab the attackers wrist, pull the attackers into a right thrusting front kick, landing with the right foot in front, cross right elbow to head, re-chamber and reverse right elbow to head. KIAI.
3. Against a straight line thrust to the mid section, pivot left 90 degrees, right outside forearm block, (graduating to a right windmill block) and parry the attack to the right. Medium range right ball round kick and left upper cut to the ribs. KIAI.
4. Slight step forward and to the right, blend with attack and right inside forearm block, (graduating to a double inside & left high block), bounce off the attack with the right inside forearm and redirect a right backfist or bottomfist to the attackers head or neck area, follow with a powerful overhand left to face, and a right uppercut to the stomach. KIAI.
5. Against a powerful circular attack to the head area, step right foot across the left into a cross stance spinning into a right inside block left spinning elbow to the head of the attacker, left hooking heel kick to the groin, step forward with the left foot and right back kick to the stomach or groin. KIAI.
6. Against a straight line thrust to the mid section, move left with your left foot at a 45 degree angle and left inside block, 3 punches (R,L,R) to the ribs, lean out and right round kick the groin, left uppercut to the ribs, parry the attackers right arm up and right cross elbow to the solar plexus pivoting 90 degrees left. KIAI.
7. Step right 45 degree angle inside the attack to the left side of your head, windmill block, counter with a right knifehand chop, left palm heel to the nose, step forward towards the attacker with the left foot and right ridgehand to the groin, pivot left 45 degrees and right backfist the nose and pivot again left 45 degrees and bottomfist the groin, right hooking heel kick between the legs as you move away. KIAI. Turn left ½ turn back towards the attacker.
8. Against a right hand strike or grab to the shoulder area, step back left and grab their wrist with your left hand and at the same time strike the bend of their elbow with a right inside forearm making them drop towards the ground, right reverse chop to the neck, slide back down the arm to an outward wrist lock, drop them to the ground and secure an arm or shoulder lock.
9. Against a right strike or grab, right windmill block inside the attack, step right in towards the attacker, **head smack** attack (left hand smacks the head forward over the right thumb to the windpipe and adams apple), spin left and trap the right arm of the attacker to your side and right head smack the left side of their head as you spin quickly 180 degrees to the left rear dropping them to the ground. Do a finishing move of choice. Note: (Push the head over the shoulder tight as you spin).
10. Against a left strike, step right, left windmill block, left knife foot kick to the attackers left knee collapsing the tendon dropping the leg to the knee, right chop to the back of the neck, left ridgehand to the windpipe, a double spear to the jaw line pressure points, step back away and push the attacker down to the ground.