



HOUSE OF DISCIPLINE'S **TRADITIONAL ONE-STEP TECHNIQUES**



[Year 2007]

These nine techniques are designed to help the student to visualize an attack and develop a natural reaction to a certain technique. In this particular series, the attack will come from the right front stance, right middle punch. As with all of the step training in the House of Discipline, these techniques are just a starting point from which to develop many wonderful and effective techniques and counters.

- 1. APPLES:** From the ready position, step out with the right foot into a horse stance. At the same time executing a right middle punch, left middle punch and a right high punch with a scream.
- 2. GRAPES:** Hop to the right into a right crane stance with guarding block, then execute a left instep front snap kick to the opponent's groin while screaming.
- 3. LEMONS:** Shift the left foot back into a walking stance, execute a left outside crescent blocking kick, then a right round-house kick to head or the ribs while screaming.
- 4. PEARS:** With the left foot, step across to the front of the right foot while turning 180°, looking over the right shoulder, execute a right side kick to the opponent's middle section while screaming.
- 5. STRAWBERRIES:** Step to the left into a left front stance, right outside block. Grab the arm and do double round house kicks to the body, followed by a reverse punch to the head and scream.
- 6. PLUMS:** Step back with the right foot in a sparring stance. Execute a power front thrust kick while screaming.
- 7. CHERRIES:** Step to 10 o'clock with the left foot into horse riding stance and do a left inside middle pressing block. Right hand punch to opponent's ribs. Then stand up with the right foot into guarding block and do a left roundhouse kick to the back of the opponent's knee. When the opponent falls, look over the right shoulder and watch them fall, then do a heel stomp to the head and scream.
- 8. PEACHES:** Step forward into the right front stance execute a left middle outside knife hand block, then do a right knife hand strike and a right back knife hand-strike to the opponent's neck, then a right knee strike, to the opponent's middle section while screaming.
- 9. BLUEBERRIES:** Step with the right foot into a left horse stance with a right middle inside block, with the left foot, step up to ready stance and execute a right rear elbow strike, then step away with the left foot and execute a right middle side kick while screaming.