

**White Belt One-Steps - Juniors do 1-3, Adults do all 5**

1	2	3	4	5
[step into a left front stance]	[step into right back stance]	Left Crescent Kick Block	Right Front Kick [step out to the right]	Left Crescent Kick Block
Left High Block	Right Inner Forearm Block	#1 Right Side Kick	Left Side Kick	Right Front Kick/Side Kick Combination
Right Reverse Punch	Right Backfist	[land in a right back stance]	[land in left back stance]	[land in right back stance]
[step left foot backward]	#1 Right Side Kick	Right Knifehand Strike	Left Horizontal Hammerfist	Right Backfist
Right Front Kick			[shift into a left front stance]	[shift into a right front stance]
			Right Reverse Punch	Left Reverse Punch