

**A Taekwondo master teaches YOU what YOU need to learn,  
NOT what YOU want to learn, because they see YOU as a  
student NOT as a customer**

**THE KI  
TOP TEN TIPS  
TO ENHANCING  
YOUR ONE  
STEPS**



By Stephen H. Blomeley

**Old School Master**



# The Ki (key) Top Ten Tips To Enhancing Your One Steps

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This FREE document is not intended to be taken as an absolute authority on the subject of Taekwondo one step sparring but is intended to give the reader an insight and hopefully thought-provoking methodology that is utilised by practitioners of Ki Taekwondo whose members have studied and absorbed different principles and concepts gained over a period of time within their training experience. The authors and publishers specifically disclaim any liability, loss or risk which is incurred as a consequence directly or indirectly from the use and application of any contents or ideas contained in this work.



## Foreword

I am often during the process of delivering lessons to my students on the subject of Taekwondo asked why? Why what? I may reply! Why do we do three step sparring? Why are we not allowed to punch to the head in competitions? Why do we spend a lot of the time doing basic techniques, because I want to learn that jump flying spinning Ki-ck what I saw in a film? ...and the answer is quite simple really because how you train is how you'll react or in other words the way YOU practice is the way you will fight or perform in a self-defence situation when it is really needed. I don't confess to knowing it all or having all the answers and am continually learning off the many wonderful educated practitioners of Martial Art throughout the world and my thinking is constantly changing as I too get educated because after all, I am a student too!

Those astute enough may question the design of the cover as to why the main title is a font that has musical notes contained in it plus one practitioner appears to be hidden behind the stone Yin and Yang pendant which has a human hand in one segment and a Tigers paw in the other. Most people I think these days know or understand that the Yin Yang represents opposites, day and night, male and female, hard and soft which comes into play in most Martial Arts including step sparring. The White Tiger is my favourite animal plus its markings reflect the yin and yang or black and white, the empty hand a symbol of self-defence and the practitioner hidden represents the many that are behind the scenes or not always apparent to others that they have helped educate and guide you to the stage of development that you are at now in this present time. Too many these days don't acknowledge their lineage or history or give credit to the people that helped them get where they are today.

The musical notes are a clue or an aid into trying to understand what you are aiming to achieve when you are practising your Martial Art of Taekwondo for its originally intended purpose to protect and defend yourself, your family, friends and loved ones should the need arise. I am hoping that this little bit of literature will help you to know 'The Score' to listen to 'The Beats' of the sequences, to comprehend 'The Rhythm and the Timing' needed for a Ki (key) performance and then as your knowledge grows you begin to create 'More Music' or in a Taekwondo sense 'More Applications' that employ the 'Rules of Combat' because eventually when you supposedly master this art YOUR Taekwondo will be YOUR Taekwondo. You will not be following something blindly. Sadly there are many who do not progress from what could be considered a green belt stage because they do not begin to get to grips with becoming efficient in their movement, develop the right timing and distance or have the functionality to transition from one stance to another depending on what technique or techniques they have chosen for their counters in one step sparring. This includes correctly selecting targets of vulnerable anatomical areas or pressure point areas of the human body, also practicing consistently and repetitively to ingrain the movements into your psyche.

Many are under the false pretence that their initial block will be enough to stop a determined attack allowing all the time in the world for them to counter-attack and that that counter attack will finish their assailant off straight away. It may do so, but quite often I am sure you will find that it requires a much more concerted effort to totally gain control because being attacked is not the same as sparring! This, in effect, brings us back to the why? Why were the three steps created or the two steps (rarely practised these days) and then the supposedly penultimate 1 steps? These by definition are meant to be geared towards actual self-defence utilising blocking and striking simultaneously. There's a clue right there as to what you should be striving to achieve at higher Dan level but how many take it further and think outside of the box? They are meant to be more advanced? What if your opponent attacks with something other than the obverse punch? how many of you are practising against other common assault techniques? How many of you are practising that method of 1 step sparring? What if it wasn't you that they were aiming at but your loved one? How would you deal with that scenario? Is that so-called block actually a block? I was always taught all blocks are strikes - there's another clue or tip! It is, in a sense limitless but we all have to start somewhere and like I said I don't have all the answers but I keep trying to develop, keep practising, keep learning wherever I can and from whoever I can! I hope this little free download aids my students who prompted me to write this and perhaps others further afield.



## What is Step Sparring?

Step sparring methods are drills practised by Taekwondo practitioners aimed at perfecting their stances, blocking, evasive footwork, striking and kicking counters. The step sparring sections of traditional Taekwondo training start at three step fixed, three-step semi-free, two-step and one step. The one step being geared more towards advanced students performing them with a viewpoint of simulated self-defence tactics and awareness. The one-step method is exactly as indicated in the fact that the attacker takes one step forward to execute the pre-arranged offensive technique.

Performing one step practice is a very good way of building up a repertoire of techniques for counter-attacking skills plus perfecting your basic movements ingraining them through consistent repetitious practice with your partner. The Step sparring helps a student to develop all the necessary attributes of timing, distance control, accuracy, footwork, evasion and choosing the correct weapons to counter with at the correct weak anatomical vulnerable areas of the opponent. At the advanced stage, the sequences can become longer, more complex in attacking and defending motions thus helping the student develop good co-ordination skills, speed and fluidity along with a confident positive mindset under pressure.

Generally, a lot of the techniques used in one-steps are not those necessarily associated with the modern free sparring skills stemming from competition kyorugi but they can be utilised also. The student should understand that the one-step sparring techniques are not confused or mixed up with class free sparring or tournament competition sparring. The Ki (key) components of Step sparring aid the beginning and intermediate student in learning the basic techniques of Taekwondo which includes the fundamental movements of blocking, striking and ki-cking which can be used in free sparring or self-defence. Modern-day there is quite often a criticism levelled at some of the methods used for training Martial Arts such as the step sparring methods and these tend to be that they are very ritualised, don't have a realistic range and quite often they are not a realistic attack or are too static.

To me, there lies within the point if you'll pardon the pun because one if being attacked one has to remember that one is not sparring as if you can avoid the conflict in the first place that is the first level of self-defence. Two, if you engage and make out you want to fight then you have some form of non-verbal agreement that in a sense you are going to spar so the rules of combat have changed. If you are the one that attacks first then that is where the serious mistake is made and goes against the very essence of Taekwondo which is for self-defence only. If it is an adept practitioner then the outcome could well be in the favour of the defender and rightly so, which is why you are practising these methods plus learning to target weak anatomical areas, pressure points and the ability to break the structure of the assailant.

The one-step method is a training tool which makes use of combative movement involving a colleague or partner. This training tool should enhance the ability to recognise or perceive the body mechanics being used to attack you with and then over time with correct practice (under proper supervision of course by an experienced instructor/coach) you will not just be operating in an A,B,C,D,E-learning of the alphabet but putting together sentences and grasping the syntax of them or in other words good technical fluid combatives dealing with a myriad of scenarios.

The attacker must attack as if they mean it or literally put as in the bible of Taekwondo 'To attack with meaning' The emotion must be present in the attack as you cannot just feed it because that makes it unrealistic. Distance should eventually be closed down to facilitate the real environment of that attack distance plus the many variables that that attack may encompass. The defender should attempt to defend vigorously with counter-attacking techniques of a suitable striking weapon(empty hand) or (foot) to suitable target areas with correct body mechanics and sinking of their mass (body weight)behind it. The defender must understand the different ranges of their defensive arsenal and the correct time to utilise that range especially in Taekwondo with our superb ki-cking ability. Take your time learning the formal step sparring methods as they are crucial to a proper understanding of your basics and indirectly also contribute to good free sparring technique too!



## The Ki Top Ten One Step Sparring Tips

### No 1 - The science behind the method

Ensure that you understand what is the goal and purpose of the exercise and that you have been well versed in the earlier preceding 3 step sparring exercise which by definition is for the student to learn to apply the blocks. The foundation of your skill development is crucial and the 3 step fixed sparring stage should not be neglected in the early stages of your training. The three-step sparring methodology sets the tone for your development and understanding of recognising the body mechanics and angles of attack that an adversary may use against you. Initially, this practice method should be done against the traditional obverse or reverse middle and high section punch to familiarise the student with the concept and principle of what they are trying to achieve. So, as a student advances in rank and experience they should be developing good fundamental movements via the 3 step fixed pre-arranged sparring method to then be able to begin to execute from their repertoire of techniques all that they have learned into an immediate defensive movement of blocking the initial attack and being able to counter it via the advanced 1 step method. Please note the concept of all of the step sparring training methods is not to do with free sparring. It is to do with being attacked often pre-meditated and part of the training methodology is to recognise this and to be able to react and respond to the immediate threat.



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## The Ki Top Ten One Step Sparring Tips

### No 2 - The method begins and ends with courtesy

The manner and method in which Taekwondo practice for the step sparring sequences of one, two or three step fixed begins is like all other aspects of training where the two practitioners are either directed by the instructor/coach or they do so of their own accord which is to formally bow to each other. This is the Taekwondo way of showing respect for each other at the training environment. As is suggested within the terminology of the method of practice one step sparring is pre-arranged and therefore what is to be practised is either stipulated by the instructor/coach or the two parties agree on what they will be working on such as the method of attack and perhaps also very importantly spending quality time to work on each other's weaker areas.

There should be an agreement on the appropriate level of contact which should be adhered to fostering care for your partner but also with an understanding of the level that you are at to eventually be training as realistically is possible. To do this all practitioners need to be cooperative as the pre-arranged step sparring is not a kyorugi competition but more of a learning experience to develop good self-defence skill sets. Once training has been finished or called to an end the students should bow to each other of their own accord or as directed by the instructor/coach and return to their class ranks unless instructed to have a break or sit down. Following the correct etiquette of Taekwondo helps to develop the relationships with your instructor and colleagues helping develop your character following the tenets of Taekwondo which are Courtesy, integrity, perseverance, self-control and an indomitable spirit.



## The Ki Top Ten One Step Sparring Tips

### No 3 - How To Practice One Step Sparring

All the training methods are practised fundamentally in the same manner regardless of whether they are for a beginner or an advanced practitioner. The one-step sparring method is performed by the two students facing each other and as designated one of them is going to be the attacker and one the receiver or in other words defender. This role reverses after the completion of the counter-attacking skill being delivered and completed. This is generally signified by the defenders kihap (shout) This continuation role of attacker and defender continues for the duration of the training period so that both can practice either under the instructor's commands or count or under their own initiation if been given the go-ahead for free practice in their own time.

The defender attacks whilst the defender responds with a block, an evasion or redirection to thus be able to execute their chosen counter attacking skill. The students begin from the ready stance and command of joonbi with the attacker signifying he/she is ready by a kihap (shout) when the defender has returned the kihap (shout) signifying they are ready to receive the attack the attacker then the attacker can step forward and execute their pre-arranged attack. It is up to the defender to be alert and concentrated to receive as they have already signified via the kihap (shout) they are ready. You can if instructed or wished to so begin one step sparring from what is considered fighting stance positions as well as the traditional joonbi position. These fighting stance positions can be long stance low block or short stance guarding(natural). When an attack has been delivered and the counter-attack executed each person returns to the designated joonbi position and then performs it again with the opposite side attack and defence. Once this has been done the role switches and the other student becomes the attacker delivering both sides as instructed.



## The Ki Top Ten One Step Sparring Tips

### No 4 - Distance Control for the level you are at!

There are basically three points to start from to begin the pre-arranged one step sparring practice. After the formal bow and joonbi is called the attacker can either step back into the long walking stance low block position keeping quite a way back from the partner, or pull back into what is generally known as the short stance or fighting stance position or they can move into the standard parallel stance joonbi and begin their attacks from there. Which is the correct method? They are technically all correct depending on the level of the practitioner. For beginning students who are being introduced to this method of training it is probably best that the attacker drops into the long stance low block position at a safe distance so that when they execute the attack the defender has plenty of time to recognise the attack and then practice blocking that attack with a chosen technique to then be able to execute their counter-attack. This is the preferred method or old traditional way to help develop the confidence of the student facilitating a good learning environment however it is also unrealistic and which is why eventually that distance has to be shortened for the intermediate student.

Of course, the range needs to be interpreted correctly if the attacker is going to initiate a ki-kicking attack because of the leg length and why Taekwondo can be so devastating executed by an adept ki-cker as the leg is a third of the weight of the human body and can perform powerful techniques if mastered. Attacking straight from the standard parallel ready stance is generally the preferred method for advanced practitioners as the two partners are literally only one to two arm's length from each other and thus the defender's ability needs to be up to speed with correct timing, agility and footwork methods to be able to have a successful outcome.



## The Ki Top Ten One Step Sparring Tips

### No 5 - Offensive and Defensive Skill Integration

Offensive and defensive behaviour during conflict can be classified as either physical, psychological or perhaps both together which brings us to the methodology of the one-step sparring. Both offensive and defensive actions require the use of force and one could argue that the attacker has lost control and using force and aggression to secure a goal and hence the attack whereas the defender needs to use controlled force and aggression to ward off the attack and hopefully prevent themselves from being injured. Bearing this in mind a student should always be mindful of the legalities of whichever country you are in and the laws concerning self-defence. Initially stopping an attack and then countering that attack to nullify the violent situation could be classed as self-defence depending on the situation but if you continue to utilise more techniques then it could be you who is then viewed as the aggressor.

The skill integration occurs because the attacker is in effect practising his offensive techniques and can be adding all the time to his/her repertoire whereas the defender is having a reaction to the offensive behaviour of the other party. One favourite quote at Ki is 'How you train is how you will react' so the attacker or offensive behaviour is doing the action and the defender is the recipient of the attack or threat. The body reacts to both types of behaviour and each can experience an adrenaline rush, laboured breathing, increased heart rate etc all affecting fine motor skills. The more you practice in an agreed or pre-arranged manner with different levels of aggression the better your training will be if such an unfortunate event was to transpire and you are the target of that event. The Attacking Taekwondo practitioner also learns to exercise good control of their techniques recognising how dangerous they can be and is a warning for them to have restraint and always try to be in a calm mode.

Offensive behaviour stems from confidence and provocation, while defensive behaviour draws mainly from fear and self-preservation. A person's offensive behaviour might be done on purpose (i.e mimicking the aggressor), whilst the defensive behaviour is purely an instinctive response which can be enhanced if trained correctly plus it perhaps also enables the student to overcome some fears and gain confidence in the fact that they can probably deal with quite a lot of situations.



## The Ki Top Ten One Step Sparring Tips

### No 6 - Technical Perfection

When one is training one should be striving to achieve a certain standard or quality and try to make that quality as perfect as you possibly could within your training environment. Students and Instructors are working towards a common goal to try to get the highest degree of proficiency, skill or excellence in the art not only for themselves but for each other. It is a partnership and it is within that partnership of one step sparring where you can set your goals, techniques and experiences plus perhaps also begin to recognise the paradox as to how each segment of training in the art enhances the other part you are studying.

By practising your basics techniques in the class lines you are now trying to transfer a technique into a combative scenario which involves another student and that student is in effect the guinea pig for your trial and error whilst practising being able to utilise your defences and counter-attacks. Without a doubt you will find that with all these other factors thrown in your techniques will break down at some point and that is standard for all practitioners regardless of grade. We can learn more from the trial and errors we make in these scenarios and is a good learning curve as in the one steps we are trying to defend, block or evade whilst also trying to remain calm, use footwork to get into a strong stance and position, to then be able to perform one or two of our basic techniques all in a speedy fluid action.

In your one step practice try to bear in mind you are improving your knowledge and experience, technically drilling or performing what is commonly known as a 'dry run' and with that knowledge gained you are perfecting what is known as 'best practice' to try to facilitate the best possible outcome with the right tools and equipment (technique) for the job with good timing and distance control. You are also exploring solutions to different challenges that could be thrown at you as some of those challenges perhaps haven't even been contemplated yet in your mind or the minds of others. It is the drilling process that will make you more efficient, world-class practitioners do everything twice, once in the mind (visualisation) and once in actual combat (delivery). The one-step sparring is more than just a physical effort, it is a mental state too so when you train, train like a champion or train like your life depends on it! True Martial Art practice.



## The Ki Top Ten One Step Sparring Tips

### No 7 - Timing and Co-Ordination

If a student's timing is off or they are distracted ever so slightly then they can end up being on the receiving end of an attack that has great intent to injure. Timing is extremely important not only in Martial Arts training but life too. You are always trying to organise yourself so that timing is working in your favour both for one step sparring and life in general being at the right place at the right time with the right co-ordinated physical and mental technical execution will bring you success most of the time. Sometimes you may not get it quite right, sometimes through no fault of your own which is why proficient training partners are crucial in your development. You have to train your mind not only your physical technique to be able to use good timing in your Taekwondo practice.

Students before coming onto one step sparring practice should have first gained a good understanding of 3 step fixed sparring practice which is what beginning students undertake at the early belt stages. This method should not be underestimated or ignored because it is in effect a practice that is meant for the student to learn to 'apply' the myriad of blocking techniques contained in Taekwondo. With the three step mode of practice, this aids them to develop sufficient timing against the many variable attacks to be able to execute in a reasonable manner their blocking techniques. Very advanced Taekwondo blocking contains circular motions that utilise both hands and requires excellent coordination of the two arms working in unison along with footwork and good timing to be able to execute successfully.



## The Ki Top Ten One Step Sparring Tips

### No 8 - Speed and Fluidity

How do you develop speed and fluidity to be able to flow with your counter attacking skills which could include blocking, parrying, circular motion, footwork and stances to aid a successful outcome of stopping a determined attack? Physical strength alone will not create maximum power as this can only be achieved through a combination of factors. One of the most important factors is speed and that is not just contained to physical speed but mental too. Try to develop how your eyes pick up the mechanics of the attack that is aimed at you and a good training partner or coach will do this by giving you cues and signals showing the positioning of their body structure, so that your mind can begin to work out quickly and efficiently as to the what, where, when and how the designated attack is to be deployed.

With your training partner doing this you will also begin to develop the tactile requirements needed as you engage in your defensive movement against the aggressor beginning to feel instinctive what your next movement will be subconsciously or without thought. In other words, it gets to the point where you are not having to consciously think about what you are going to do next and a little bit like driving a car or as mentioned in the foreword about playing the music or listening to the beats. The human body has to have a certain amount of relaxation in it to be able to get maximum speed in both reaction, timing and execution or delivery of a technique for self-defence and the more you practice with the whole process the more fluid you will become with it. To improve your fluidity, practice being more graceful in everything you do or in other words really focus on your posture trying to be more mindful of your poise. There is a quote 'train slow, learn fast' which is an excellent piece of advice because quite often in training we are taught to go at full speed but actually slowing everything down at times is a good method for developing the tactile movements and sensitivity to help develop that speed and fluidity.

Fluidity comes from the hips, the eyes and footwork plus correct alignment or positioning of your stances enabling you to feel the timing of a technique, sinking your mass and not being stiff. Fluidity will develop if you are in touch with your core as that is the centre of motion and power. Movement from one stance to another requires the feet to stay a paper thickness from the floor. Keep the body from moving up and down by bending the legs as you step. This keeps the hips steady and moving. Also, stepping should take the same amount of time moving from one position to another. There is a rhythm to the movement of the feet and hand techniques need to coordinate and flow with the movement. Full chamber positions should be practised with the proper extension of the techniques which in practice gives a slightly longer length of the movement. If you try to short cut correct chambers you are in the long term creating poor form and poor form leads to poor execution. I emphasise the coordination of the hands and feet. It stipulates in basic Taekwondo training that the hands and feet should finish at the same time. There is a very good reason as the end point of the strike or block should happen just a fraction of a second after the stance is set. It looks ungainly if the hand strikes before the stances are set.



## The Ki Top Ten One Step Sparring Tips

### No 9 - Angles and Direction

In the beginning, it is quite natural that students just immediately go directly backwards to avoid an attack that has a lot of intent to injure but it is not necessarily 'best practice'. It takes time to acquire and develop the ability to move into the correct angles with your stances and footwork to be in a better position to be able to deliver a successful counter-attack. Students should work diligently on understanding the philosophy and concepts contained within the step sparring methods and not skimp over them. If trained correctly you will begin to see and understand how the smaller can overcome the bigger or the weaker overcome the stronger if you train enough to have sound posture, structure and with your feet planted or pointed towards the centre line of your attacker.

If you study weak anatomical vulnerable areas, practice getting into correct alignment and have a good solid structure yourself, you will be surprised at what you can accomplish. Practice slowly at first against the pre-arranged attack so that you begin to naturally override the desire to go straight back because no matter how good anybody is if you constantly are going back and on the defensive eventually you will be caught out. Action beats reaction. So train to move in 30-45 degree angles or in Martial Art terms come offline! The ability to get into these favourable positions whilst under attack gives you the perfect alignment for you to direct your counter attacks and break the opponent's structure thus either finishing them immediately or weakening them to be able to follow up with a secondary counter strike, lock or hold. Don't forget the concept that all blocks are really strikes!



## The Ki Top Ten One Step Sparring Tips

### No 10 - Variation in Your Pre-arranged Step Sparring

Unfortunately, a lot of the step sparring methods these days are skimmed over and are at best just practised for the sake of promotional testing or in other words it is part of grading. Alas, a lot of the defensive techniques practised are only against a middle or high section obverse punch and in truth as implied before 'how you train is how you'll react'. So, when someone throws a hook punch at you, if you've never practised for that scenario you could find yourself in big trouble. Make a point of actually incorporating a lot of common assault tactics against an individual and include it in your repertoire. Practice against a hook punch or a downward attack, practice against that front kick or bitchagi and then when you feel more competent and are not doing it just for the sake of a test, mix it up a little as one steps can involve being grabbed and then struck or the range is more for the assailant to throw a kick at you rather than a hand technique. Training is limitless and your imagination is the most powerful weapon you have, so utilise it, think things through and you may find you're suddenly developing your own favourites which will continue to grow as your experience does.



# The Ki Top Ten One Step Sparring Tips

## Advanced Practice

Advanced practice can come in many shapes or forms which could include a whole lot of variables too. Training in Taekwondo involves many aspects of the art and of course the modern day Olympic Sport Sparring, so it is important to recognise what you are training for and what is your objective! Are you training to be able to last 3 x 2-minute rounds on the sporting mat or are you training to be able to deal with an assault or combat situation? That assault or combat situation could involve more than one assailant or it could involve a weapon. Can you develop techniques that nullify the second opponent being able to attack you at the same time (situational awareness and body positioning). Therefore a student needs to prepare accordingly and again develop an ability of not just technical execution of techniques but also situational awareness, when not to engage and also perhaps what to do when there is no other choice. Can you restrain the aggressor until help arrives? Practice in different settings and scenarios. What if you were with a loved one that you needed to protect, can you introduce an equaliser if a weapon was in evidence and highly likely to be used? Are you training for that scenario? How about what if your counter-attack was countered and therefore you have to recounter their counter? We advocate at Ki Taekwondo to give a great deal of thought to your training and experiment to continue to progress. We know we'll never cover it all in a lifetime, but we are expanding our boundaries and exploring as many possibilities as we can do, furthering our training, understanding and advancement in the art.



# The Ki Top Ten One Step Sparring Tips

## Question: Is this practical and realistic?

The answer is NO because:-

- A) The defender doesn't really need to do anything at all because of the distancing of the aggressor is incorrect and could never reach you with a hand technique, so therefore you don't actually, need to do anything other than disengage and keep a safe distance to escape!
- B) Why would you put yourself in such a disadvantageous position trying to block a punch with an inward crescent kick? Totally unrealistic! it looks good followed up with a second Ki-ck, but would you really expect to have a successful outcome against a full attack with intent?



## What's the BEST DEFENSIVE TECHNIQUE?!

The best defensive technique? As such, there is no such thing! other than don't be there in the first place. If you find yourself in that situation though use a technique that best fits or suits your situation. That situation can have so many variables. It is, in fact, the essence of the step sparring methods to help you the student develop a repertoire of ingrained techniques plus an ability to react and recognise the body mechanics and angles of attack that are being used against you. Use the technique that feels the most natural at that moment. If you have to think about it, it's probably not natural and is the point of the training to make your techniques which suit your physical and mental capabilities at that time. Evade your opponent's punches, block your opponent's attacks any way that you can and be sure to counter right away. Different techniques will work best against different opponent styles, hence why it is good to train with all different body types. The more you experience the more you will adapt, develop and learn. Good training partners are forever adapting their offence, so you'll have to keep changing up your defence to keep them off you. Poor training partners are generally on an ego trip, self-centred and closed minded! Keep on Ki-cking!

**GOOD ONE STEP PRACTICE IS THE ABILITY TO RECOGNISE, BLOCK, REDIRECT OR EVADE AN ATTACK WHILE STAYING IN RANGE TO BE ABLE TO COUNTER ATTACK!**



## Ki Taekwondo & Its Chief Instructor.

The Ki Taekwondo Association originated in Stockport, Cheshire, England and was formed by Stephen H. Blomeley who joined the Marple Ridge Taekwondo club on its opening day over 35 years ago. The club was originally run by his Instructor Master Steven Loh who was at the time associated with Master Shin who taught and trained in back Piccadilly, Manchester. Steven Loh originally from Singapore had trained with B.S. Huan until coming to Manchester University in England to study. When Steven left to live in America Stephen Blomeley took over the running of the club as a 1st Dan Black Belt and for a period his Chief Instructor was T.K. Loh from Malaysia. The core reason Stephen started training in Martial Art was to learn to be able to look after himself and family self-defence wise being classed as a small male at 5'8" but also enjoyed plenty of success on the competition circuit winning many competitions in the featherweight and lightweight divisions both at kup and Dan grade. The Ki Taekwondo group has classes in Stockport, Manchester and Birmingham University (a club which he started over 25 years ago) which continues to strive to produce good all round Martial Artists first and foremost but who can also hold their own on the competition mat.

Retiring from the competition circuit at 35 years old and never losing the core reason of why he started training he looked at many aspects of Taekwondo training alongside other similar systems to help enhance his understanding plus to try to find answers to various questions he had on the art. Some of those questions were to do with what's really contained within the Poomsae or patterns, better self defence concepts and touching on edged weapons recognising that a lot of what is shown on the Taekwondo circuit could be vastly improved if one had an open mind and absorbed things from Martial Arts that primarily focus on weapons. Historically empty hand self-defence would have been because you'd lost your weapon and so was the last resort. Everyone is on a journey in the Martial Arts and I am so grateful to the many wonderful practitioners who have taken the time to help me, teach me or practice with me helping me study and also become good friends over time. I would like to acknowledge people such as my good friend and Instructor Steven Loh, Tong Wan Shin, Denny Jones, T.K. Loh, along with all the other practitioners within Taekwondo that I've had the pleasure to train with or compete against. Also other friends and Martial Artists like Sensei Vince Morris (read his book on the Rules of Combat), John, Ray, Luke, David, Steve, Maul, Pat, Carlo, Nidar, Mark etc apologies if I missed anyone who I continue to learn so much from, hopefully absorbing the lessons they give which in turn I can pass on to my students making them so much better Martial Artists long term and far surpassing anything I have done.

Having worked in publishing creating artwork for most of my working life this little document started out because I often get asked by not only my own students but other Taekwondo practitioners too who are open-minded about some of the principles and concepts that I incorporate into my training. Recently I had an article published in World Of Martial Arts TV online magazine and I was also writing an article to go into an edition of my own online magazine British Taekwondo Today about the subject of the step sparring. The students thought it would be a good idea to have a list of tips, so here it is. I have attempted to give our group something that they can refer too which will help them practice and study but also others too. Hope it helps you in some way - Keep on Ki-cking!

**"ONE STEP AND THREE STEP SPARRING METHODS ARE THE BEST FOR FAMILIARISING STUDENTS WITH PUNCHING, KICKING AND BLOCKING ALONG WITH ALL THE OTHER BASIC MOVEMENTS. BECAUSE OF THEIR EFFECTIVENESS IN DEVELOPING STUDENTS SKILLS THEY ARE ESSENTIAL PREPARATION FOR FREE FIGHTING"**