

# One-Step Sparring

<u>Gup</u>	<u>One-Steps (Daeshik Kim's sets)</u>	<u>Additional sets</u>
10	1, 2, 3, 4	
9	5, 6, 7	
8	8, 9, 10	
7	11, 12, 13	
6	14, 15, 16,	
5	17, 18, 19	
4	20, 21, 22	
3	23, 24, 25, 26	1 additional
2	27, 28, 29, 30	1 additional
1	31, 32, 33, 34	2 additional
1 <sup>st</sup> Dan	35, 36, 37, 38	2 additional