

Long Distance One Steps

1.
 - Low open hand check block, reverse punch
 - Back leg front kick
 - Back leg roundhouse kick
 - Jab punch, reverse punch
2.
 - Low open hand check block, reverse punch
 - Back leg roundhouse kick
 - Back leg roundhouse kick
 - Jab punch, reverse punch
3.
 - Low open hand check block, reverse punch
 - Back leg roundhouse kick
 - Back leg roundhouse kick
 - Back kick
 - Jab punch, reverse punch
4.
 - Low open hand check block, reverse punch
 - Back leg roundhouse kick
 - Back leg roundhouse kick
 - Jump front kick
 - Jab punch, reverse punch
5.
 - Low open hand check block, reverse punch
 - Back leg roundhouse kick
 - Skip up side kick
 - Back kick
 - Jab punch, reverse punch
6.
 - Low open hand check block, reverse punch
 - Back leg roundhouse kick
 - Back leg roundhouse kick
 - Back kick
 - Back kick
 - Jab punch, reverse punch

7.

- Low open hand check block, reverse punch
- Back leg outside / inside kick
- Back kick
- Jab punch, reverse punch

8.

- Low open hand check, reverse punch
- Back leg roundhouse kick
- 180 degree pivot step
- Back leg roundhouse kick
- Jab punch, reverse punch

9.

- Low open hand check, reverse punch
- Skip up front leg roundhouse kick
- Switch feet
- Skip up front leg roundhouse kick
- Jab punch, reverse punch

10.

- Low open hand check, reverse punch
- Back leg four skipping up roundhouse kicks
- Spin hook kick
- Jab punch, reverse punch
- Back leg four skipping up roundhouse kicks
- Spin hook kick
- Jab punch, reverse punch