

THE COMPLETE BOOK OF ONE STEPS

By

**GRANDMASTER
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**All the Basic One Steps
You need from White
to Green Belt.**



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WEAPONS ASSOCIATION**

The Complete Book of One Steps

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Since I began my martial arts training over 35 years ago. I have found that the one area that my students seemed to always have problems with was “one steps” (the formalized routines for self defense) required for all belt promotions. It seemed that the students minds went blank when they got up to do the tests and instead of remembering the dozens of one steps they knew they suddenly found themselves stuttering and stammering and falling around the mats doing the same one step again and again or not remembering any at all. I knew that I had taught the students dozens of one steps for the tests and that they had practiced dozens even hundreds of times the one steps, again and again. So why were they forgetting? I realized that it was due to “overload” and “over simulation” of their minds with complex one steps that had absolutely no relation to anything they could follow in their minds.

You see most students are taught very complicated and intrigue one steps that have 2, 3, 5 or more parts to them and have absolutely no point of reference for mental memorization. First they would do a kick, then a punch, then a chop, then a throw, then a stomp. Or first a punch, then a kick, then a stomp. Or first a throw, then a wrist lock, or a kick, then a punch. They would block inside, then outside, right then left hands. Use a kick, a punch, both hands, no hands, both feet. It was a totally confusing scenario for the students mind and so many of them simply overloaded and forgot them all. In fact I would go so far as to say that 75% of all students forget 75% of all their one steps within a few months of their tests, and 95% within a few years.

So I came up with a system that started the students learning their one steps with a formula. First they learned to do Punch One Steps, then Kick One Steps, then Throws, then Chokes, then Wrist Locks, then combinations. They learned to do the simplest first then progressed to the more complex. But always with a “system for learning” that they could remember in their minds. Now instead of getting up in front of the class and trying to remember 10 different, multi combination, one steps that had nothing in common and no point of reference. They could now simply remember 10 different punches, 10 different kicks, 10 different throws. They could remember outside and inside moves for each punch, kick, throw, etc. They now had a “system” they could use to remember their one steps.

In this book I will be showing the simplest one steps first, starting with punches and then going to kicks, then throws, then chokes, then wrist locks, then take downs, etc. You will find literally hundreds of one steps you can easily learn and just as easily remember. If you will follow the program and learn to do the various punches and kicks as independent one steps, then you will always have literally dozens and dozens of one steps you will be able to do and remember for your entire life.

Dr. Ted Gambordella



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HAND STRIKING ONE STEPS

Hand positions

Shuto (knife hand)



The Correct position of the hand when striking with a shuto. Notice the fingers are pulled down to the little finger making a straight line with the hand. The thumb is tucked down

Incorrect shuto position. The little finger is down and the thumb is not curled down tightly.





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PALM HEEL



PALM HEEL.
The fingers are curled tightly and bent at the middle. The thumb is held in tightly.



Side view



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EYE STRIKES



Two Finger Claw
Hold the last 2 fingers with the thumb. The strike is down with the first 2 fingers. One should not poke, but smash into the eyes and pull down.



The Thumb Eye Gouge.
Hold the thumb to the side and use to gouge the eye

The Single Knuckle eye strike. I like to use the middle knuckle to strike the eye, or even the ribs.





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RIDGE HAND



Hold the hand tight as in the shuto. The striking area is the top of the thumb and wrist. This strike should not be used to hard areas, such as the top of the head, but restricted to soft areas, like the throat, groin.

The Bottom Fist
Use the bottom of the wrist to strike soft areas.



The Back Hand.
Use the back of the hand to strike the nose, and other soft areas.





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The Fore Knuckle
This is the basic karate strike. Hit with the first two knuckles of the hand and twist at the point of impact.

The Elbow
The elbow is very fast, powerful and hard to stop.
You can hit with the entire elbow area, or just the point of the elbow.





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Turn inside and do a double shuto block to the arm. One shuto hits the forearm; one hits the muscles of the bicep.



Now immediately follow up with a left shuto to the neck





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Strike the right shuto to the side of the neck.

Finish him with a right shuto to the other side of the neck





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Block his left punch with a left shuto, turn into the punch. Follow up with the a left shuto to the side of his neck.



Now come across with a right shuto to the ribs. This will cause him to lean over.



Follow up with a left shuto to the back of the neck.

Finish him with a right shuto to the back of the neck.



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Start with a left arm block of his punch. Follow up with right shuto to his neck.



Step up and chop down onto the back of his neck.



Continue to step up and shuto down on the back of the neck with the right hand, and then immediately with the left hand.



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Step to the side and block his punch

Hold the arm and step into the back of his neck.



Now chop under into his ribs



Finish him with a chop to the throat





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Block his punch with a right shuto



Step in and chop both hands collar
bone area.



Finish with a double shuto to the sides
of his neck





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Start with a low block of his punch stepping outside.



Step to the side and chop the back of his neck with a right then a left shuto.

Finish with a chop to the kidneys and a follow up with a neck break.





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Step to the side and block the left with a pressing down block, striking the neck at the same time.



Chop the back into the kidneys. Then chop into the knee to bend him over.



Finish with a chop to the back of the neck.





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Block his punch with a pressing block down. Follow up with a shuto to the face.



Hold his face with the right hand and finish him with shuto with the left to the throat.





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Block his punch with a shuto to the wrist area using the left, follow up with a right shuto to the groin.



Finish him with a chop to the back of the neck.





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Block his roundhouse kick with a double shuto, striking the leg twice.



Hold the leg with the left and strike the back of the neck with the right, knocking him to the ground, Continue to hold the leg.



Finish him with a series of chops to the groin.



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Block the roundhouse with a double shuto, then chop down onto the knee to fold it over.



Chop into his ribs, and holding the collar, throw him to the ground to finish him with a groin shuto.





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Block the high punch with a rising shuto, then immediately follow up with a right cross shuto to the throat.



Hold the head with the right and finish him with a left to the side of the neck.





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PALM HELL STRIKE



The Palm Heel is a very effective for strike because it packs a lot of power and it doesn't hurt the knuckles. You can hit the face, the ribs, the groin, the kidneys, the side of the head and do considerable damage without hurting your hand.

You must be careful when hitting the stomach or soft areas that you do not bend the wrist backwards and sprain it.



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Block his punch with a left grapping block. And then immediately smash a palm heel directly into his nose.



Follow up with the same hand palm heel into his solar plexus, then across with the left into his face, and down with the right into his temple for the finish.





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Block with a left palm heel and immediately cross with a right smash into the ribs.

Come down with the left into the knee.



Finish with a right palm heel into the temple and across with a ridge hand.





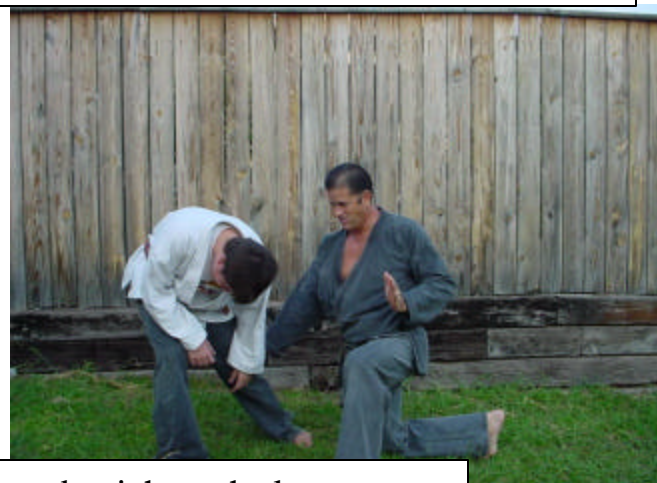
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Start with a block of his left with your right hand and then across the jaw with a left palm heel.



Come down into the groin and then across with a right into the ribs



Finish with a left to the jaw and a right to the knee



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Block his left by stepping outside and then counter with a right ridge hand to his ribs



Follow up with a left cross into his temple, and then down with a hard right to the ear.



Finish him with a series of ridge hands to the back and neck



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Block his right with a ridge hand pushing block and then come up quickly for a double ridge hand to the face.



Smash a double ridge hand to the face and then hold the head with the left and smash a hard right to the jaw for the finish.





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Drop to your knees and while blocking his punch with your right smash a palm heel into this lower stomach and then thru his groin area.



Now up quickly with a ridge hand into his face and down forcing him to the ground



Finish him with a left palm heel to the nose and a right to the face.



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Block his right punch with a grapping block and then up into the face with a fore knuckle strike.

Come across with a right and left palm heel directly into the face



Finish with an elbow to the jaw.





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Step out to block the right and come across the head with a palm heel into the jaw.

Follow up with a right ridge hand across the neck.



Come up with the left and grab the head and prepare for a throat attack.



Finish with a throat smash and Adams apple attack.





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Block the punch with your left and follow up with a hard smash into the stomach with a ridge hand. then reach up to grab his head.



Do a hard head butt into his nose and follow up by pulling his head down for a knee directly into his face.



Finish him with a chop to the side of the head knocking him to the ground for



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Block his left with a grab and then counter with a hard elbow smash push down on the elbow knocking him to the ground.



Knee him in the ribs and punch him in the middle of the back while controlling his arm.



Finish with another hard back strike to the spine and a stomp to the neck.



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Block his right with a grabbing block and then bring the elbow up for a smash to the back of the head.



Follow up with a palm heel to the back of the neck and then a hard left to the back of the head.





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Block with the right while turning into a hard elbow across the jaw



Follow up with a left elbow across the face knocking him to the ground for an elbow to the heart.





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Block his left and follow up with a turning elbow strike and push to control his elbow across his back.

Lock the elbow and smash a shuto into his neck, the finish with a arm break across his back.





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Block with a grappling
block and smash the
elbow across his arm and
follow up with a front
snap to the face knocking
him to the ground



Finish him with a punch into the
ribs and a stomp onto the back of
his head.





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Block his right by stepping across and controlling his arm. Smash your elbow directly into his chin.



Come across with a left elbow into his jaw knocking him to the ground where you finish with a right elbow to the face.





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Block his left by stepping outside and smashing the elbow into the ear. Turn into him and smash the right elbow into this jaw knocking him to the ground



Smash your knee into his jaw to knock him out and then finish him with a stomp to the throat.





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Block with the left
and snap a front
kick into the face.
Then down into the
stomach.



Finish with a elbow
break and then a
hard punch to the
back of the neck.





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Block with your left and snap a front kick into the stomach, then up with the right into the face.



Hook the foot over his head and then down to the ground and stomp the back of the neck.





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Block his left and snap a side kick into his throat area and then immediately down into his ribs.



Follow up with a snap into the knee knocking him to the ground to finish with a punch to the temple.





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Step outside to block and then snap a side kick into the middle of his back.



Take the same leg and snap the kick into the knee knocking him to the ground and then another side kick into the back



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Come up around the head and snap into the face, holding the arm for power. Take the leg and press into the knee



Finish with a hard punch to the back of the neck.



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Block the punch with a hard round house into the neck, and then down into the stomach



Come around the head and knock the neck to the head and finish with a hard punch to the kidneys.





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Block the punch with a turning side kick into the ribs, and then continue turning in him for a back kick into the ribs.



Finish him with a heel kick into the jaw.



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Block the kick by stopping it with a front snap to the chest and then another kick to the groin.



Lift him up and knee him in the face and follow up with another knee and finish him with a hard elbow to the back of the head.





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Block the punch and snap a kick into his stomach, then come around and hit him in the jaw with a knee.



Elbow into the back of his head and finish with a punch to the ribs.





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Step out to block the kick and then snap a knee to the ribs while turning the elbow over to lock it.



Continue to step across and lift up to break the elbow.





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Block the punch and strike the side of the head while bending the wrist backwards.



Continue to bend the wrist throwing him to the ground where you lock the arm and stomp the head.





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Step to the outside and strike the arm down, then step up to lock the arm above the head.



Throw him to the ground and stomp the head to finish him.





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Step to the outside and block the punch while wrapping the arm around the neck.



Continue to come across and wrap the hand into the face and nose and tear.





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Block the punch and hit him the jaw, follow up with an elbow to the jaw



Reach over the head and lock the neck into your body, and throw him over your hip to the ground, where you finish him with a knee to the ribs and punch to the face.





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Block by turning into him and smashing him in the face with a palm heel, then reach up and around the head.



Drop to your knee and continue to throw him over your hip to the ground and finish him with a head strike to the throat.





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Step outside and block the punch then smash in the face, and step up and wrap around the neck.



Continue to come around and pick him up on your back and bounce to break his back.





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