

THREE STEP SPARRING

An introduction to sparring, the benefits are: -

Learning to face an opponent and develop timing, distance and focus for blocks and counter attacks. Basic targeting.

Begin each attack with the right leg back in walking stance executing a low section block.

All attacks are three middle section punches stepping forward three times in walking stance. Upon stepping back the attacker must look at their opponent and shout loud to show they are ready to attack.

Only attack when your opponent shouts to show they are ready. The opponent must shout on the counter attack.

1.

DEFENCE

Right leg back in walking stance, middle section inner forearm block to the inside three times.

COUNTER ATTACK

Middle reverse punch with right hand.

2.

DEFENCE

Left leg back in L stance, middle section inner forearm block to the outside three times.

COUNTER ATTACK

Right hand knifehand strike, stepping forward with front foot into L stance.

3.

DEFENCE

Left leg back in L stance, middle section outer forearm block to the inside three times.

COUNTER ATTACK

Right hand back fist to bridge of nose, stepping forward with front foot into walking stance.

4.

DEFENCE

Left leg back in L stance, middle section inner forearm block to the outside three times.

COUNTER ATTACK

Moving left foot across into sitting stance taking measure, double punch to the kidney area.

5.

DEFENCE

Right leg back in L stance, middle section outer forearm block to the inside two times.

COUNTER ATTACK

Move to the right forming sitting stance, execute left outer forearm block and high section right punch simultaneously.

6.

DEFENCE

Right leg back in L stance, middle section outer knifehand block to the inside two times.

COUNTER ATTACK

Move to right in sitting stance, left middle outer knifehand block and simultaneous high section right inward knifehand strike.

7.

DEFENCE

Right leg back in L stance, middle outer forearm block to the inside twice, step back at a 45 degree angle to the right forming L stance, execute forearm guarding block.

COUNTER ATTACK

Right leg front kick, double middle section punch in walking stance.

8.

DEFENCE

Right leg back in L stance, middle outer knifehand block to the inside twice, step back at 45 degrees in a right L stance, execute knifehand guarding block.

COUNTER ATTACK

Right leg side kick, right high section backfist strike in L stance.

9.

DEFENCE

Right leg back in L stance, middle palm block to outside twice, step back at 45 degrees to the left in L stance guarding block.

COUNTER ATTACK

Right leg turning kick, right high section knifehand strike in vertical stance.

10.

DEFENCE

Right leg back in L stance, middle knifehand block to the inside twice, step back at 45 degrees to the right in L stance, execute knifehand guarding block.

COUNTER ATTACK

Right leg back kick, left high section ridgehand strike in walking stance