

TWO STEP SPARRING

RIGHT LEG BACK L-STANCE, FOREARM GUARDING BLOCK FOR ATTACK

1.

ATTACK

HIGH SECTION PUNCH

LEFT LEG FRONT KICK

DEFENCE

RIGHT LEG BACK WALKING STANCE LEFT ARM RISING BLOCK

LEFT LEG BACK WALKING STANCE X FIST PRESSING BLOCK

COUNTER ATTACK

TWIN VERTICAL PUNCH

2.

ATTACK

LOW SIDE PUNCH IN FIXED STANCE

LEFT TURNING KICK

DEFENCE

RIGHT LEG BACK L-STANCE UPWARD PALM BLOCK

LEFT LEG BACK L-STANCE WAIST BLOCK

COUNTER ATTACK

SLIDE FORWARD INTO RIGHT L-STANCE RIGHT SIDE ELBOW

REINFORCED WITH LEFT HAND

3.

ATTACK

FRONT KICK

TWIN VERTICAL PUNCH

DEFENCE

RIGHT OR LEFT LEG BACK WALKING STANCE X FIST PRESSING BLOCK
OPPOSITE LEG BACK WALKING STANCE OUTER FOREARM WEDGING BLOCK.

COUNTER ATTACK

GRAB OPPONENTS SHOULDERS PULLING FORWARD ONTO KNEE KICK
STEP BACK GUARDING BLOCK.

4.

ATTACK

HIGH SECTION FINGERTIP THRUST

SIDE KICK

DEFENCE

RIGHT LEG BACK WALKING STANCE, KNIFEHAND RISING BLOCK

LEFT LEG BACK L-STANCE INWARD PALM BLOCK

COUNTER ATTACK

FRONT KICK TO COCCYX TWIN UPSET PUNCH TO KIDNEYS