

Step Sparring

Here are some examples you can use for your step sparring.

[A = Attack D = Defence C = Counter attack]

Three step sparring (Yellow stripe alone & Yellow belt with a partner)

- [A] Walking stance punch
- [D] Walking stance inner forearm block
- [C] Walking stance flat fingertip thrust

- [A] Walking stance high punch
- [D] Walking stance knifehand high block
- [C] Sitting stance reverse knifehand front strike

- [A] Walking stance front snap kick
- [D] Walking stance forearm low block
- [C] L-stance knifehand strike

Three step sparring (Green stripe to green belt)

- [A] L-stance reverse punch
- [D] L-stance inner forearm block
- [C] Side front snap kick (front foot)

- [A] L-stance reverse punch
- [D] L-stance knifehand guarding block
- [C] Dodge and turning kick (rear foot)

- [A] L-stance knifehand strike
- [D] L-stance outer forearm inward block
- [C] Side piercing kick (front foot)

Two step sparring (Green belt to blue stripe)

- [A] Walking stance middle punch, low front snap kick
- [D] Walking stance inner forearm block, walking stance knifehand low block
- [C] Middle reverse punch

- [A] Side piercing kick, step forward L-stance reverse punch
- [D] L-stance palm downward block, knifehand guarding block
- [C] Side piercing kick (front foot)

- [A] L-stance knifehand side strike, side turning kick
- [D] Crescent kick, dodge to L-stance forearm guarding block
- [C] Reverse turning kick

Two step sparring *(Blue stripe to blue belt)*

- [A] Walking stance middle punch, low front snap kick
- [D] Walking stance inner forearm block, walking stance knifehand low block
- [C] Walking stance front elbow strike
- [A] Side piercing kick, step forward L-stance reverse punch
- [D] L-stance palm downward block, dodge to forearm guarding block
- [C] Reverse hooking kick (front foot)
- [A] L-stance knifehand side strike, side turning kick
- [D] Right hooking kick, L-stance outer forearm inward block
- [C] Step, twisting kick

One step sparring *(Blue belt to red stripe)*

- [A] Walking stance punch
- [D] Rear foot stance upward block
- [C] Flying turning kick
- [A] Walking stance flat fingertip thrust
- [C] Flying front snap kick
- [A] Side turning kick
- [D] Dodge to forearm guarding block
- [C] Flying side piercing kick (front foot)

One step sparring *(Red stripe to red belt)*

- [A] Walking stance punch
- [D] Hooking kick
- [C] Flying inward vertical kick
- [A] Walking stance upset fingertip thrust
- [D] Dodge to knifehand low guarding block
- [C] Flying back piercing kick
- [A] Side piercing kick
- [D] Crescent kick
- [C] Flying reverse turning kick

One step sparring *(Red belt to black stripe)*

- [A] Walking stance punch
- [D] L-stance palm downward block
- [C] Flying reverse hooking kick (front foot)
- [A] Walking stance flat fingertip thrust
- [D] Dodge to L-stance guarding block
- [C] Mid-air kick
- [A] Back piercing kick
- [C] Flying twisting kick