

3 Step Sparring

<p style="text-align: center;"><u>One</u></p> <p>Attacker:</p> <ul style="list-style-type: none">○ Parallel ready stance, measure up (heel to toe)○ Right leg back, walking stance, low section outer forearm block (Kiyup)○ Walking stance, middle section obverse punch (x3) <p>(Defender)</p> <ul style="list-style-type: none">○ Parallel ready stance (Kiyup)○ Right leg back into walking stance, middle section left inner forearm block (x3)○ Counter: Remain in walking stance, middle section reverse punch (right hand)
<p style="text-align: center;"><u>Two</u></p> <p>Attacker:</p> <ul style="list-style-type: none">○ Parallel ready stance, measure up (heel to heel)○ Right leg back, walking stance, low section outer forearm block (Kiyup)○ Middle section front snap kick, followed by walking ready stance (x3) <p>Defender:</p> <ul style="list-style-type: none">○ Parallel ready stance (Kiyup)○ Right leg back into walking stance, low section left outer forearm block (x3)○ Counter: Remain in walking stance, middle section reverse punch (right hand)
<p style="text-align: center;"><u>Three</u></p> <p>Attacker:</p> <ul style="list-style-type: none">○ Parallel ready stance, measure up (heel to heel)○ Right leg back, walking stance, low section outer forearm block (Kiyup)○ Walking stance, high section obverse punch (x3) <p>Defender:</p> <ul style="list-style-type: none">○ Parallel ready stance (Kiyup)○ Right leg back into walking stance, high section obverse rising block (x3)○ Counter: Remain in walking stance, middle section reverse punch (right hand)○ (alt. counter: Remain in walking stance, high section reverse fingertip strike)
<p style="text-align: center;"><u>Four</u></p> <p>Attacker:</p> <ul style="list-style-type: none">○ Parallel ready stance, measure up (heel to toe)○ Right leg back, walking stance, low section outer forearm block (Kiyup)○ Middle section front snap kick, followed by walking ready stance (x3) <p>Defender:</p> <ul style="list-style-type: none">○ Parallel ready stance (Kiyup)○ Right leg back into walking stance, low section obverse knife-hand block (x3)○ Counter: Remain in walking stance, high section reverse fingertip strike

2 Step Sparring

<p style="text-align: center;"><u>One</u></p> <p>Attacker:</p> <ul style="list-style-type: none">○ Right leg back, L-stance stance, forearm guarding block (Kiyup)○ Walking stance, middle section obverse punch○ Low section front snap kick <p>(Defender)</p> <ul style="list-style-type: none">○ Parallel ready stance (Kiyup)○ Right leg back into walking stance, middle section left inner forearm block○ Left leg back into walking stance, X-tsi pressing block○ Counter: Remain in walking stance, middle section obverse punch (right hand)
<p style="text-align: center;"><u>Two</u></p> <p>Attacker:</p> <ul style="list-style-type: none">○ Right leg back, L-stance stance, forearm guarding block (Kiyup)○ Walking stance, high section obverse punch○ Side piercing kick, ending in sitting stance facing 135 degrees away from defender <p>Defender:</p> <ul style="list-style-type: none">○ Parallel ready stance (Kiyup)○ Right leg back into walking stance, high section outer forearm block○ Left leg back into L-stance, high section, inward, outer forearm block○ Counter: Move right leg forward into walking stance, middle section reverse elbow strike (right arm)
<p style="text-align: center;"><u>Three</u></p> <p>Attacker:</p> <ul style="list-style-type: none">○ Right leg back, L-stance stance, forearm guarding block (Kiyup)○ Front snap kick (right leg)○ Left foot forward into walking stance, middle section obverse punch <p>Defender:</p> <ul style="list-style-type: none">○ Parallel ready stance (Kiyup)○ Right leg back into walking stance, low section outer forearm block○ Left leg back into sitting stance, rising side kick (right leg)○ Counter: Slide forward with right leg into sitting stance, high section knife-hand strike

(continued over...)

Four

Attacker:

- Right leg back, L-stance stance, forearm guarding block (Kiyup)
- Side piercing kick (right leg)
- Left foot forward into L-stance, knife-hand strike (left hand)

Defender:

- Parallel ready stance (Kiyup)
- Left leg back into L-stance, knife-hand guarding block
- Right leg back into L-stance, knife-hand outer forearm block
- Counter: Left foot into walking stance, middle section reverse punch (right hand)

Five

Attacker:

- Right leg back, L-stance stance, forearm guarding block (Kiyup)
- Right foot forward into L-stance, side punch (right hand)
- Low left front snap kick

Defender:

- Parallel ready stance (Kiyup)
- Right leg back into walking stance, middle section double forearm block
- Left leg back into L-stance, palm scooping block
- Counter: Right foot into walking stance, reverse upset punch

Six

Attacker:

- Right leg back, L-stance stance, forearm guarding block (Kiyup)
- High section turning kick (right leg)
- Left foot forward into walking stance, twin vertical punch

Defender:

- Parallel ready stance (Kiyup)
- Right leg back into L-stance, high section double forearm block
- Left leg back into walking stance, knife-hand wedging block
- Counter: Grab shoulders, upward kick (knee) to solarplexus