



3 Step Sparring

(10th kup) 1. Right leg back, walking stance, middle block x 3, reverse punch

(10th kup) 2. Left leg back, L stance, middle block x3, step step (left leg first cross over) Knife hand strike strike.

(9th kup) 3. Left leg back, L stance, inward block x 3, back fist downward strike

(9th kup) 4. Left leg back, L stance, middle block x3, drop front hand down, sitting stance, double punch

(8th kup) 5. Right leg back, L stance, outward block x 2, front foot into sitting stance, (left arm) outward block, (right) punch to jaw.

(8th kup) 6. Right leg back, L stance, outward knife hand x 2, front foot into sitting stance, outward knife hand, inward knife hand to neck

(7th kup) 7. Right leg back, L stance, outward block x 2, jump back and guard, snap kick change hands double punch.

(7th kup) 8. Right leg back, L stance, outward knife hand block x 2, jump back knife hand guard, side kick, Knife Hand strike.

(6th kup) 9. Right leg back, L stance, palm pushing x 3, step front foot into walking stance, turning kick, back foot in and strike to neck

(6th kup) 10. Right leg back, L stance, outward knife hand x 2, jump back knife hand guard, spin Back kick, left rear hand ridge hand.