



1 Step Sparring

1. Right leg back, walking stance, middle block, reverse punch.
2. Left leg back, walking stance, middle block, reverse punch.
3. Left leg back, L-stance, middle block. Step through (left foot first, then right foot), knife-hand strike to the neck.
4. Right leg back, L-stance, middle block. Step through (right foot first, then left foot), knife-hand strike to the neck.
5. Left leg back, L-stance, inward block, downward backfist strike.
6. Right leg back, L-stance, inward block, downward backfist strike.
7. Left leg back, L-stance, middle block, drop front hand, sitting stance double punch.
8. Right leg back, L-stance, middle block, drop front hand, sitting stance double punch.
9. Right leg back, L-stance, outward block. Step forward into sitting stance, left outward block, right punch to the jaw.
10. Left leg back, L-stance, outward block. Step forward into sitting stance, right outward block, left punch to the jaw.
11. Right leg back, L-stance, outward knife-hand block. Step forward into sitting stance, left knife-hand block, right inward knife-hand strike to the neck.
12. Left leg back, L-stance, outward knife-hand block. Step forward into sitting stance, right knife-hand block, left inward knife-hand strike to the neck.
13. Right leg back, L-stance. Slide back into guarding stance, snap kick, double punch.
14. Left leg back, L-stance. Slide back into guarding stance, snap kick, double punch.
15. Right leg back, L-stance. Slide back into knife-hand guarding stance, side kick, knife-hand strike.
16. Left leg back, L-stance. Slide back into knife-hand guarding stance, side kick, knife-hand strike.
17. Right leg back, L-stance, left palm pressing block. Step the left foot forward, turning kick with the right leg to the solar plexus. Place the right foot behind the attacker's right leg, slide the left foot into vertical stance, knife-hand strike to the back of the neck.
18. Left leg back, L-stance, right palm pressing block. Step the right foot forward, turning kick with the left leg to the solar plexus. Place the left foot behind the attacker's left leg, slide the right foot into vertical stance, knife-hand strike to the back of the neck.
19. Slide back into right L-stance, knife-hand guarding block. Spinning back kick with the right leg to the solar plexus. Recover balance, step the right leg out into a low stance, forming a left ridge-hand strike to the philtrum.
20. Slide back into left L-stance, knife-hand guarding block. Spinning back kick with the left leg to the solar plexus. Recover balance, step the left leg out into a low stance, forming a right ridge-hand strike to the philtrum.