

SPARRING STEPS

SENIOR	JUNIOR
#5 FRONT KICK	ANY BLOCK, ANY COUNTER ATTACK
#6 FRONT, SIDE KICK	“
#7 FRONT, SIDE, TURN-BACK KICK	“
#8 FRONT, SIDE, TURN-BACK, SLAP KICK	“
#9 FRONT, SIDE, TURN-BACK, SLAP, JUMP FRONT KICK	“
#10 FRONT, SIDE, TURN-BACK, HOPPING SIDE KICKS	“

4 STEP SPARRING #3

SENIOR	JUNIOR
FRONT KICK, HIGH PUNCH, MIDDLE PUNCH	REVERSE LOW BLOCK, HIGH BLOCK, INSIDE MIDDLE BLOCK
FRONT LEG SIDE KICK, SIDE KICK, HIGH PUNCH, MIDDLE PUNCH	STEP BACK RIGHT HAND NECK CHOP, OUTSIDE MIDDLE BLOCK, HIGH BLOCK, OUTSIDE MIDDLE BLOCK
SLAP KICK, TURN-BACK KICK	STAND IN PLACE LEFT INSIDE MIDDLE BLOCK, STEP FORWARD WITH HAND ON SHOULDER SWEEP
JUMP FRONT KICK	(at the same time) TURN-BACK KICK