

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 KICK	“

4 STEP SPARRING #3

SENIOR	JUNIOR
#3 FRONT KICK, HIGH PUNCH, MIDDLE PUNCH	MIDDLE BLOCK, HIGH BLOCK, MIDDLE BLOCK
#4 FRONT LEG SIDE KICK, SIDE KICK, HIGH PUNCH, MIDDLE PUNCH	NECK CHOP, OUTSIDE MIDDLE BLOCK, HIGH BLOCK, MIDDLE BLOCK
#5 SLAP KICK, TURN-BACK KICK	STEP FORWARD WITH HAND ON SHOULDER, SWEEP
#6 JUMP FRONT KICK	(at the same time) TURN-BACK KICK