

NEW 3 STEP SPARRING (APRIL 2017)

- All **attackers** start in Walking stance low block with the right leg back.
- There is no need to measure.
- Blocks and strikes need to show realism.
- All counter attacks end in ready stance (arms to the side of the body as in front rising kick)

YELLOW STRIPES

- ATTACK: Walking stance middle punch
- DEFENCE: Right leg back into Walking stance middle block
 - COUNTER: Walking stance middle reverse punch

YELLOW BELTS

- ATTACK: Front snap kick (groin/low abdomen) walking ready stance
- DEFENCE: Right leg back into Walking stance low block
 - COUNTER: Left front snap kick (low)

GREEN STRIPES

- ATTACK: Walking stance high punch
- DEFENCE: Right leg back into Walking stance high outer forearm block (Do San)
 - COUNTER: Walking stance with right flat fingertip thrust

GREEN BELTS

- ATTACK: L- stance middle reverse punch
- DEFENCE: Left leg back inner forearm block
 - COUNTER: Right middle turning kick

BLUE STRIPES

- ATTACK: L- Stance middle knife hand strike
- DEFENCE: Left leg back knife hand guarding block
 - COUNTER: right leg low side kick

This will be in place for all grading's from April 2017. You will not be required to do the older 3 step sparring after that point.