

2 Step Sparring

Ready positions

Attacker: Right leg back into L-stance – forearm guarding block
(All attacks are started with moving forward with the right leg)

Defender: Parallel ready stance
(All defenses are started by moving the right leg backward)

There are 6 sets of sequences of attack (**A**) and defense (**D**). They are as follows:

1. **(1A)** Low front snap kick, stepping forward into a walking stance twin vertical punch.
(1D) Walking stance X-fist pressing block, stepping backward into walking stance, wedging block
(CA) Grab shoulders and pull down, at the same time kick with the rear knee to the solar plexus.
2. **(1A)** Middle obverse punch in walking stance.
(1D) Rear foot stance, palm upward block.
(2A) Middle turning kick stepping down into sitting ready stance.
(2D) L-stance outward waist block.
(CA) With a sliding motion in L-stance, side elbow thrust.
3. **(1A)** Middle obverse punch in walking stance.
(1D) L-stance inner forearm middle block.
(2A) Middle side kick stepping down into sitting ready stance.
(2D) L-stance inward waist block.
(CA) With a sliding motion in L-stance, high back fist strike.
4. **(1A)** Middle obverse punch in walking stance.
(1D) L-stance inner forearm middle block.
(2A) Middle side kick stepping down into sitting ready stance.
(2D) L-stance inward waist block.
(CA) Middle side piercing kick off the front leg.
5. **(1A)** Middle obverse punch in walking stance.
(1D) L-stance inner forearm middle block.
(2A) Middle side kick stepping down into sitting ready stance.
(2D) L-stance inward waist block.
(CA) High turning kick off the back leg.
6. **(1A)** Middle obverse punch in walking stance.
(1D) L-stance forearm guarding block.
(2A) Middle side kick stepping down into sitting ready stance.
(2D) Sliding to the side L-stance, forearm guarding block.
(CA) Jumping front snap kick off the back leg reverse punch.