

3-STEP SPARRING

1. **ATTACKER:** WALKING STANCE MIDDLE OBVERSE PUNCH x 3
DEFENDER: WALKING STANCE MIDDLE OBVERSE INNER FOREARM
BLOCK x 3
COUNTER: MIDDLE REVERSE PUNCH
2. **ATTACKER:** WALKING STANCE MIDDLE OBVERSE PUNCH x 3
DEFENDER: WALKING STANCE MIDDLE OBVERSE OUTER FOREARM
BLOCK x 3
COUNTER: MIDDLE REVERSE PUNCH
3. **ATTACKER:** WALKING STANCE MIDDLE OBVERSE PUNCH x 3
DEFENDER: WALKING STANCE MIDDLE OBVERSE REVERSE KNIFE
HAND BLOCK x 3
COUNTER: LOW FRONT SNAP KICK

9TH KUP AND ABOVE PRACTICE NUMBERS 1 - 3

4. **ATTACKER:** WALKING STANCE MIDDLE OBVERSE PUNCH x 3
DEFENDER: WALKING STANCE MIDDLE KNIFE HAND BLOCK x 3
COUNTER: MIDDLE FRONT SNAP KICK
5. **ATTACKER:** WALKING STANCE MIDDLE REVERSE PUNCH x 3
DEFENDER: WALKING STANCE MIDDLE REVERSE OUTER
FOREARM BLOCK x 3
COUNTER: LOW FRONT SNAP KICK
6. **ATTACKER:** L-STANCE MIDDLE REVERSE PUNCH x 3
DEFENDER: L-STANCE MIDDLE PALM INWARD BLOCK x 3
COUNTER: LOW SIDE PIERCING KICK

8TH KUP AND ABOVE PRACTICE NUMBERS 1 - 6