

3 Step Semi-free Sparring

Basic (6th Kup - Green Belt)

Attacker - Begin in a right L stance, forearm guarding block

1. Front kick
2. Side kick
3. Turning kick

Defender - Begin in a parallel ready stance

1. Waist block (Ls)
2. Waist block
3. Waist block
4. Reverse punch (ws)

Intermediate (5th Kup - Blue Stripe)

Attacker - Begin in a right L stance, forearm guarding block

1. Front kick, side kick, turning kick or reverse side kick
2. Front kick, side kick, turning kick or reverse side kick
3. Front kick, side kick, turning kick or reverse side kick

Defender - Begin in a parallel ready stance

1. Waist block (Ls)
2. Waist block
3. Waist block
4. Reverse punch (ws)

Advanced (4th Kup - Blue Belt)

Attacker - Begin in an L stance (any leg), forearm guarding block

1. Any hand or foot technique (excluding jumping or flying)
2. Any hand or foot technique
3. Any hand or foot technique

Defender - Begin in a parallel ready stance

4. Any block (any stance)
5. Any block
6. Any block
7. Any counter (can include jumping or flying)