

3 Step Sparring 1 - 4 (8th Kup - Yellow Belt)

Attacker - Begin in a right walking stance, low section outer forearm block (ki-ap)

1. Middle section front punch (ws)
2. Middle section front punch
3. Middle section front punch

The attacker performs the same moves through ALL of 3 Step Sparring.

Defense - All defence techniques are performed in L stance (unless otherwise stated), except for number 1.

Defender - Begin in a parallel ready stance

1. 3x Inner forearm middle block (left arm start), reverse middle section punch
2. 3x Inner forearm middle block (right arm start), knife hand strike
3. 3x Outer forearm inward block (right arm start), back fist downward strike
4. 3x Inner forearm middle block (right arm start), double punch (sitting stance)

3 Step Sparring 5 - 7 (7th Kup - Green Stripe)

Defender - Begin in a parallel ready stance

5. 2x Outer forearm middle block (left arm start), middle section outer forearm block & high section punch
6. 2x Knife hand block (left arm start), middle section knife hand block & high section inward knife hand strike
7. 2x Outer forearm middle block (left arm start), slide back right (with right leg), front kick then double punch

3 Step Sparring 8 - 10 (6th Kup - Green Belt)

Defender - Begin in a parallel ready stance

8. 2x knife hand block (left arm start), slide back right (with right leg), middle section side kick then high section knife hand strike
9. 2x palm inward block (left arm start), slide back left (with right leg), middle section turning kick then high section knife hand strike (vertical stance)
10. 2x knife hand block (left arm start), slide back right (with right leg), middle section reverse side kick then high section reverse knife hand strike