

THREE STEP SPARRING:

“A” Sequence = Right Step Back with Left Inside Knife Hand Block; Left Step Back with Right Inside Knife Hand Block.

“B” Sequence = Left Step Back with Right Outer Forearm Block; Right Step Back with Left Outer Forearm Block.

“C” Sequence = Left Step Back with Right Outside Knife Hand Block; Right Step Back with Left Outside Knife Hand Block.

1. “A” Sequence Block – Right high section punch at the same time as the last block.
2. “B” Sequence Block – 3rd step back is a ½ step back with left hand grabbing partners incoming wrist, then right side step with right elbow strike to opponents armpit.
3. “C” Sequence Block – 3rd step back is a ½ step back with right outside knife hand block, then grab their wrist with your right hand, twisting in an pulling toward your belt. Take left step forward at 45 degrees, crossing over in front of your opponent’s legs. Place your left wrist (side) on their elbow and press down.
4. “A” Sequence Block – 3rd step back is stepping back away from punch and execute right front snap kick.
5. “B” Sequence Block – 3rd step back is a ½ step back then left step forward at 45 degrees with left mid-section elbow strike to opponent’s solar plexus. Spin clockwise, look, execute right mid-section elbow strike to same area.
6. “C” Sequence Block – Left step back with right outside knife hand block, grab wrist and pull while executing punch.
7. “A” Sequence Block – 3rd step back is a ½ step back, then right step forward with knife hand block and right mid-section upset punch. Move in quickly, “receive the body” (beat their punch).
8. “A” Sequence Block – 3rd step back is a ½ step back, then right step forward with knife hand block and right high section elbow strike. Move in quickly, “receive the body” (beat their punch).
9. “A” Sequence Block – Right step back, left high or mid-section side thrust kick. Move in quickly, “receive the body” (beat their punch).
10. “C” Sequence Block – Step with right foot (crossing over the left) to left side to avoid punch. Move left foot into horseback riding stance at attacker’s side. Simultaneously, block with open hand to attacker’s right shoulder while executing a right punch to the temple (punching hand will be on top crossed over the blocking hand).