

3-Step Sparring

1. 3 x stepping back, long stance, pushing palm block. Push the attacking arm away, right leg step sideways to open the target. Horse stance, left hand punch to the body. Double punch to the face.
2. 3 x stepping back, long stance knife hand downward strike / block. Front leg front kick, long stance, reverse punch.
3. 3 x stepping back, long stance, inside forearm block. Slide forward into horse stance, assisted outside elbow strike to the ribs. Pull back to a parallel stance, Back-fist strike to the head.
4. 3 x stepping back, back stance, outside forearm block. Hold the attacking arm, front leg side kick. Step down into horse stance, outside knife hand strike to the head / neck.
5. 3 x stepping back, long stance, high block. Left leg, short range front kick to the armpit, right leg full turning kick to the head.