



TWO STEP SPARRING NUMBERS 1 – 10

INDEX: A – Attack
D – Defense
C – Counterattack

Number 1

- A) Right walking stance with right middle punch, left front snap kick.
 - D) Left walking stance with left inner forearm, same stance change to right low outer forearm block.
 - C) Left front snap kick.
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Number 2

- A) Right front snap kick, left turning kick.
- D) Left walking stance with X-fist low pressing block, move the left foot to the side (45°) and change to sitting stance while executing a right knife hand high block and left punch.

NOTE: The left punch is the counterattack. Therefore you must kihap when doing the second part of the movement.

Number 3

- A) Right middle side piercing kick, step the foot down beside the left foot, and left back piercing kick.
 - D) Left L-stance with right outer forearm low block, move the left foot to the side (90°) forming a sitting stance outer forearm outward block.
 - C) Sitting stance, right knife hand strike to the neck
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Number 4

- A) Right walking stance high punch, left side piercing kick.
- D) Sliding back forming a right rear foot stance with forearm guarding block, move the left foot to the side (45°) forming left leg bending ready stance A with forearm guarding block.
- C) Right side piercing kick.

Number 5

- A) Right turning kick, as you set the foot down, execute a right knife hand strike in a left L-stance.
- D) Left L-stance, right outer forearm inward block, move the left foot backward (sliding motion) at the same time executing a knife hand guarding block.
- C) Right turning kick to the temple.

Number 6

- A) Left L-stance, right knife hand strike, left middle turning kick.
- D) Left L-stance with knife hand guarding block, move the right foot directly behind the left foot (about shoulder width), then left cresting kick (this is to block the turning kick).
- C) Jumping back piercing kick with the right foot.

Number 7

- A) Right walking stance fingertip thrust, and left twisting kick.
- D) Right walking stance reverse knife hand block, then sliding back forming a right rear foot stance with forearm guarding block.
- C) Jumping, making a right X-stance with a back fist strike to the philtrum.

Number 8

- A) Left L-stance punch, and left side piercing kick.
- D) Left L-stance upward palm block, move the right foot back making a right L-stance with an outer forearm low block
- C) Right reverse hooking kick, and left jumping front snap kick. (Kihap when doing the jumping front snap kick)

Number 9

- A) Right walking stance with twin vertical punch, and left front snap kick.
- D) Left walking stance, high wedging block, move the left foot back making a left L-stance, double forearm low pushing block.
- C) Right high piercing kick.

Number 10

- A) Right turning kick, then jumping side piercing kick with the same foot.
- D) Left L-stance outer forearm inward block, then sliding back forming a right rear foot stance with forearm guarding block.
- C) Jumping turning kick with the right foot.