



# WOODBRIDGE TAEKWON-DO INC.

UNDER THE LEADERSHIP OF MASTER CARIATI, 8TH DAN

5732 Highway 7, Unit 1 Woodbridge, Ontario L4L 3A2

Tel: (905) 851-1797 Fax: (416) 679-1466

<http://www.woodbridgetaekwondo.com> - [info@woodbridgetaekwondo.com](mailto:info@woodbridgetaekwondo.com)



## TWO STEP SPARRING 1 – 10

| INDEX | A – Attack | D – Defence | C – Counterattack |
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| <b>Number 1</b>  | A.- Right walking stance with right middle punch, left front snap kick<br>D.- Left walking stance with left inner forearm, same stance change to right low outer forearm block<br>C.- Left front snap kick   |
| <b>Number 2</b>  | A.- Right front snap kick, left turning kick<br>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<br><b>NOTE:</b> The left punch is the counterattack. Therefore you must kihap when doing the second part of the movement.                         |
| <b>Number 3</b>  | A.- Right middle side piercing kick, step the foot down beside the left foot, and left back piercing kick.<br>D.- Left L-stance. Right outer forearm low block, move the left foot to the side (75°) forming a sitting stance outer forearm outward block.<br>C.- Sitting stance, right knife hand strike to the neck  |
| <b>Number 4</b>  | A.- Right walking stance punch, left side piercing kick.<br>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.<br>C.- Right side piercing kick.  |
| <b>Number 5</b>  | A.- Right turning kick, as you set the foot down, execute a right knife hand strike in a left L-stance.<br>D.- Left L-stance, right outer forearm inward block, move the left foot backward in a sliding motion, going to the right at a 45 degree angle, sliding backwards and landing in a rear foot stance with a knife hand guarding block.<br>C.- Right turning kick to the temple. |
| <b>Number 6</b>  | A.- Left L-stance, right knife hand strike, left middle turning kick.<br>D.- Left –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)<br>C.- Jumping back piercing kick with the right foot  |
| <b>Number 7</b>  | A.- Right walking stance fingertip thrust, and left twisting kick.<br>D.- Right walking stance reverse knife hand block, then sliding back forming a right rear foot stance with forearm guarding block.<br>C.- Jumping, making a right X-stance with a back fist strike to the philtrum   |
| <b>Number 8</b>  | A.- Left L-stance punch, and left side piercing kick.<br>D.- Left L-stance upward palm block, move the right foot back making a right L-stance with an outer forearm low block<br>C.- Right reverse hooking kick, and left jumping front snap kick (Kihap when doing the jumping front snap kick)  |
| <b>Number 9</b>  | A.- Right walking stance with twin vertical punch, and left front snap kick.<br>D.- Left walking stance, high wedging block, move the left foot back making a left L-stance, double forearm low pushing block.<br>C.- Right high piercing kick.  |
| <b>Number 10</b> | A.- Right turning kick, then jumping side piercing kick with the same foot.<br>D.- Left L-stance outer forearm inward block, then sliding back forming a right rear foot stance with forearm guarding block.<br>C.- Jumping turning kick with the right foot.  |