










3 STEP SPARRING

	1 st sequence	2 nd sequence
Ready Posture		
Attack: Defence:	WS outer forearm low block Parallel ready stance	WS outer forearm low block Parallel ready stance
1 st step		
Attack: Defence:	WS middle punch WS inner forearm middle block	WS front snap kick WS outer forearm low block
2 nd step		
Attack: Defence:	WS middle punch WS inner forearm middle block	WS front snap kick WS outer forearm low block
3 rd step		
Attack: Defence:	WS middle punch WS inner forearm middle block	WS front snap kick WS outer forearm low block
Counter attack		
Counter attack:	WS middle punch	WS front snap kick

3 STEP SPARRING

3 rd sequence	4 th sequence	5 th sequence
		
WS outer forearm low block Parallel ready stance	WS outer forearm low block Parallel ready stance	WS outer forearm low block Parallel ready stance
		
WS High punch WS outer forearm high block	LS middle punch LS outer forearm inward block	LS knifehand side strike LS knifehand guarding block
		
WS High punch WS outer forearm high block	LS middle punch LS outer forearm inward block	LS knifehand side strike LS knifehand guarding block
		
WS High punch WS outer forearm high block	LS middle punch LS outer forearm inward block	LS knifehand side strike LS knifehand guarding block
		
WS flat fingertip high thrust	Turning kick	Side kick