





















## 2 STEP SPARRING

	1 <sup>st</sup> sequence	2 <sup>nd</sup> sequence
Ready Posture		
Attack: Defence:	LS forearm guarding block Parallel ready stance	LS forearm guarding block Parallel ready stance
1 <sup>st</sup> step		
Attack: Defence:	WS low front snap kick WS X-fist pressing block	WS low front snap kick LS outer forearm low block
2 <sup>nd</sup> step		
Attack: Defence:	WS twin fist vertical punch WS outer forearm wedging block	WS back fist side strike WS double forearm high block
Counter attack		
Counter attack:	Knee upward kick	LS middle punch

## 2 STEP SPARRING

3 <sup>rd</sup> sequence	4 <sup>th</sup> sequence	5 <sup>th</sup> sequence
		
<p>LS forearm guarding block Parallel ready stance</p>	<p>LS forearm guarding block Parallel ready stance</p>	<p>LS forearm guarding block Parallel ready stance</p>
		
<p>WS side fist downward strike WS outer forearm rising block</p>	<p>High turning kick LS outer forearm high side block</p>	<p>Low side piercing kick LS outer forearm downward block</p>
		
<p>Low turning kick LS outward waist block</p>	<p>FS middle punch LS outer forearm inward block</p>	<p>WS middle punch WS palm hooking block</p>
		
<p>LS knifehand side strike</p>	<p>Knee turning kick</p>	<p>WS Middle punch</p>