

Blue Step Sparring

#1:

A: Front stance – high punch

D: Start at Junbi – Step forward with your right foot outside the attacker's right foot – right hand inside block – spin toward your left shoulder and step your back into the attacker with left foot – left back elbow to body – reach down and lift attacker's right foot while sitting into their leg to drop them – step out from attacker with your left foot – either leg stomp to the body – step back into fighting stance

#2:

A: Front stance – high punch

D: Start at Junbi – Step forward with right foot into a fighting stance – right high outside open hand block & grab the arm – step in with your left foot inside the attacker's right leg – left hand to attacker's right shoulder – pull the arm/push the shoulder to take attacker to ground – snap kick to body

#3:

A: Front stance – high punch

D: Start at Junbi – Step forward with left foot into a fighting stance – left hand inside palm block – right/left punches to the body – reach out with the right hand to grab attacker's right shoulder – small step diagonally to the left with the left foot – right side kick to attacker's right knee – left hand knifehand strike to attacker's neck

#4:

A: Front stance – high punch

D: Start at Junbi – Step forward with your left foot into a fighting stance – left inside block – right punch to head – left punch to body – right punch to body – jump right leg roundhouse kick to body