

## Green Step Sparring

#1:

(A)ttacker: Front stance – high punch

(D)efender: Start at Junbi – Step with your left foot sideways – right leg roundhouse kick to the body – step in front of attacker’s right leg with your left leg / grab attacker’s right arm with your right arm – push with your left hand on the attacker’s shoulder – take attacker down over your left leg – drop to one knee and control the left arm

#2:

A: Front stance – high punch

D: Start at Junbi – Step diagonally right and forward with your right foot – left leg side kick to head – step behind attacker’s right leg with your right leg / grab the attacker’s right wrist with the left hand – right hand strikes to their throat and pushes the attacker backward – sweep the right leg – right downward knifehand strike to body

#3:

A: Front stance – high punch

D: Start at Junbi – Step back with left foot into a fighting stance – step the feet together by moving the left foot to the right – right leg hook kick to head

#4:

A: Front stance – high punch

D: Start in a fighting stance – slide back - step spin hook kick to head