

White Step Sparring

#1:

(A)ttacker: Fighting Stance - Jab

(D)efender: Start in a fighting stance – front hand outside block (#5 block) – reverse punch to the face

#2:

A: Fighting Stance - Jab

D: Start in a fighting stance – front hand open hand inside block (#3 block) – reverse punch to the face

#3:

A: Fighting Stance - Jab

D: Start in a fighting stance – slide backward – rear leg snap kick to body – land forward – front hand hook punch to the head

#4:

A: Fighting Stance - Jab

D: Start in a fighting stance – slide backward – rear leg side kick to body – land forward – front hand hook punch to the head