

Yellow Step Sparring

#1:

(A)ttacker: Right front stance – right high punch

(D)efender: Start at Junbi – Step forward into a left front stance – left high outside knifehand block & grab – right punch to the body – reach down with your right hand and sweep the attacker's right leg while twisting the attacker's right arm taking them to the ground

#2:

A: Right front stance – right high punch

D: Start at Junbi – Step forward into a right front stance – right high outside knifehand block & grab – left punch to the body – right hook punch to the head

#3:

A: Right front stance – right high punch

D: Start in a fighting stance – skip front leg snap kick to the attacker's face – left high open hand block / right punch to the face (block & punch at the same time).

#4:

A: Right front stance – right high punch

D: Start in a fighting stance – left inside block – right punch to head – left punch to body – right punch to body – right leg roundhouse kick to body