

Blackbelt Step Sparring

1 - 3

#1.

A: Step forward into a right front stance – middle punch

D: Start at Junbi – Step with your left foot forward and outside the attacker's right foot – left inside block – right elbow strike to the body – left elbow strike to the chin – grab the attacker's shoulders – right knee strike

#2.

A: Step forward into a right front stance – middle punch

D: Start at Junbi – Step backward with your left foot into a back stance – right inside block – right backfist to the attacker's face – Shift your right foot into a right front stance – left reverse punch to the attacker's nose – right ridgehand strike to the attacker's temple

#3.

A: Step forward into a right front stance – high punch

D: Start at Junbi – Step backward with your left foot into a right front stance- right high knifehand block – left reverse punch to the attacker's body – Grab and twist the attacker's right arm downward and to your left in a circular motion while stepping to your left with your left foot – Execute a right leg sidekick to the attacker's right knee