

Blackbelt Step Sparring

10 - 12

#1.

A: From a left fighting stance - step forward with left foot - reverse punch to body

D: Step backward with your right foot into a left front stance - open hand downward crossing block- grab and pull toward you . Front leg snap kick to body - attack to face or knifehand to neck.

#2.

A: From a fighting stance - rear leg snap kick

D: Step backward with your right foot into a left front stance - low pressing block to jam the kick - grab the attacker's leg and spin them to your right - step in with your left foot - reverse punch to kidney - take down and finish (your choice on take down & finish).

#3.

A: From a fighting stance - rear leg snap kick

D: As you step to your left & pivot on your left foot to avoid the attack - left hand low inside block to deflect the kick - continue into a right leg spin back kick to the attacker's body.