

Blackbelt Step Sparring

4 - 6

#1.

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

D: Start at Junbi – Jump into a left foot back fighting stance – left jump spin hook kick to head

#2.

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

D: Start in a fighting stance – slide back before attack – 540 jump spin back kick to body

#3.

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

D: Start in a fighting stance – slide back before attack – 540 jump spin hook kick to body