

Blackbelt Step Sparring

7 - 9

#1.

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

D: From ready stance - step backward with your right foot, pivoting on your left foot - left hand open-hand inside block & grab the attacker's wrist. (You'll end your pivot facing away from the attacker) Grab with your right hand for a wrist lock. Pivot backward with your left foot, spinning on your right foot taking the attacker to the ground. Snap kick to the body.

#2.

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

D: From ready stance - step backward with your right foot, pivoting on your left foot - left hand open-hand inside block & grab the attacker's wrist. (You'll end your pivot facing away from the attacker) pull the attacker's arm down to your waist as you turn so that they bend over. Stop your rotation and release the attacker's arm. Pivot backward with your left foot, spinning on your right foot and right hand ridgehand to the attacker's head as they stand up.

#3.

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

D: From ready stance - step to your left with your left foot - right hand open-hand outside block & grab the attacker's wrist. Step backward with your right foot, pivoting on your left foot - left hand on the attacker's elbow for an arm bar and take the attacker to the ground.