

Brown Step Sparring

#1:

(A)ttacker: Front stance – high punch

(D)efender: Start at Junbi – Step back slightly with the right foot – right leg inside crescent kick to attacking arm – without dropping the foot pivot into a right side kick to face – land forward – left elbow to head – right elbow to head

#2:

A: Front stance – high punch

D: Start at Junbi – Step back slightly with the right foot – right leg inside crescent kick to attacking arm – left leg spin hook kick to head – right hand low spearhand groin strike – right knifehand strike to neck

#3:

A: Front stance – high punch

D: Start at Junbi – Step back slightly with your left foot – left leg inside crescent kick to the attacking arm – right leg spin hook/roundhouse combination kick to the head – land in front and grab the attacking arm with your right hand – step in with your left foot – place your left hand on the attacker's right shoulder – take to ground – stomp to body

#4:

A: Front stance – high punch

D: Start at Junbi – Step forward into a left front stance – high crossing block with your left hand in front – lower the attacker's arm and rotate your hands to grab the wrist - step with your right foot and move under the attacker's arm while twisting the attacker's arm for a throw - make sure to step backward with your left foot – jump spin stomp to body