

## Hi-Blue Step Sparring

#1:

(A)ttacker: Front stance – high punch

(D)efender: Start at Junbi – Left leg outside crescent kick – right leg low/high roundhouse kick – left hook punch to head & step through with left foot and spin to face the attacker

#2:

A: Front stance – high punch

D: Start in a left foot back fighting stance – Jump rear leg snap kick to head with a front leg takeoff

#3:

A: Front stance – high punch

D: Start in a fighting stance – move the left foot diagonally forward and to your left – plant the right foot by the left – jump right leg side kick to head

#4:

A: Front stance – high punch

D: Start in a fighting stance – move the left foot diagonally forward and to your left – right hand outside block – rear leg roundhouse kick to body