

## Hi-Green Step Sparring

#1:

(A)ttacker: Front stance – high punch

(D)efender: Start in a fighting stance – spin hook kick to head

#2:

A: Front stance – high punch

D: Start in a fighting stance – spin wheel kick to the head

#3:

A: Front stance – high punch

D: Start in a fighting stance – small step forward with the left foot to launch into a diagonal jump forward and to the right – execute a right knifehand strike to the side of attacker's neck while jumping off-line of the punch

#4:

A: Front stance – high punch

D: Start in a fighting stance – jump spin back kick to the body