

Hi-Red Step Sparring

#1:

(A)ttacker: Front stance – high punch

(D)efender: Start in a left foot back fighting stance – step front leg hook/roundhouse kick combination to head – grab attacker’s arm with your right hand - left hook punch to head

#2:

A: Front stance – high punch

D: Start in a fighting stance – double right leg roundhouse kick to body – left leg spin back kick

#3:

A: Front stance – high punch

D: Start in a left foot back fighting stance – step front leg hook/roundhouse kick combination to head – grab attacker’s arm with your right hand – right leg roundhouse kick to body – right leg outside crescent kick to head

#4:

A: Front stance – high punch

D: Start in a fighting stance – rear leg snap kick to body / pivot into a side kick to the head – land forward and to your right – left leg roundhouse to body