

Hi-Yellow Step Sparring

#1:

(A)ttacker: Right front stance – right high punch

(D)efender: Start in a fighting stance – skip front leg snap kick to the attacker's body – right punch to the face

#2:

A: Right front stance – right high punch

D: Start in a fighting stance – skip front leg side kick to the attacker's body – right punch to the face

#3:

A: Right front stance – right high punch

D: Start in a fighting stance – skip front leg roundhouse kick to the attacker's body – left high outside knifehand block / right punch to the face (block and punch at the same time)

#4:

A: Right front stance – right high punch

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