

Red Step Sparring

#1:

(A)ttacker: Front stance – high punch

(D)efender: Start at Junbi – Step forward with your right foot into a fighting stance – right outside block then grab their arm – step into the attacker with your left foot – hip throw while holding on to their arm – grab their arm with both hands and pull the attacker backward, turning them onto their stomach – stomp to body

#2:

A: Front stance – high punch

D: Start at Junbi – Right leg snap kick to groin – left leg roundhouse kick to body – grab the attacker's arm you're your left hand – step in with your right foot behind the attacker's front leg, right hand to attacker's throat – sweep the attacker's front leg with your right leg while pushing into the neck – stomp to body

#3:

A: Front stance – high punch

D: Start at Junbi – Step forward into a left front stance while extending both arms – grasp behind attacker's head – right knee strike to head – grab the head with the right hand behind the head and left hand to the chin – twist head clockwise, taking attacker to the ground – stomp to body

#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 knifehand block then grab their arm – pivot backward on left foot and draw the right foot to the left / left palm strike to attacker's elbow – left leg side kick to body – right leg spin hook kick to head